



WHATSheATE



Broccoli and Carrots with Creamy Parmesan Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb broccoli cut into flowerets and stems (2 cups)
- ☐ 2 cups baby carrots
- ☐ 3 oz cream cheese
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup milk
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chives fresh chopped

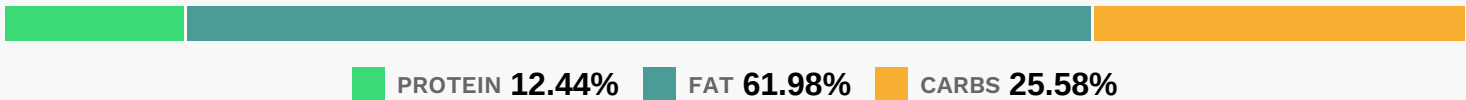
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat 1 inch water to boiling.
- ☐ Add broccoli and carrots; heat to boiling. Boil 5 to 7 minutes or until crisp-tender; drain and keep warm.
- ☐ Meanwhile, in 1-quart saucepan, cook cream cheese, Parmesan cheese, milk and butter over medium heat, stirring constantly, until smooth and heated through.
- ☐ Sprinkle chives over sauce.
- ☐ Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:16.657826169677%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 176.95kcal (8.85%), Fat: 12.67g (19.49%), Saturated Fat: 6.21g (38.83%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.56g (6.18%), Cholesterol: 28.74mg (9.58%), Sodium: 283.59mg (12.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin A: 970IU (194.02%), Vitamin C: 52.68mg (63.86%), Vitamin K: 66.04µg (62.9%), Calcium: 143.5mg (14.35%), Folate: 56.11µg (14.03%), Phosphorus: 134.36mg (13.44%), Fiber: 3.35g (13.4%), Potassium: 396.98mg (11.34%), Manganese: 0.23mg (11.34%), Vitamin B2: 0.18mg (10.77%), Vitamin B6: 0.19mg (9.7%), Selenium: 6.31µg (9.01%), Vitamin B5: 0.79mg (7.85%), Magnesium: 24.66mg (6.16%), Iron: 1.05mg (5.82%), Zinc: 0.78mg (5.23%), Vitamin E: 0.77mg (5.16%), Vitamin B1: 0.08mg (5.03%), Copper: 0.1mg (4.97%), Vitamin B3: 0.76mg (3.82%), Vitamin B12: 0.22µg (3.62%), Vitamin D: 0.2µg (1.33%)