



Broccoli and Carrots with Creamy Parmesan Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

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

Equipment

sauce pan

Directions

In 2-quart saucepan, heat 1 inch water to boiling.

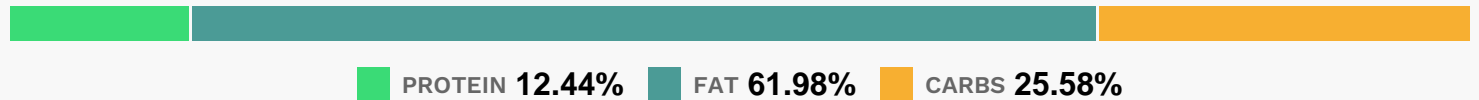
Add broccoli and carrots; heat to boiling. Boil 5 to 7 minutes or until crisp-tender; drain and keep warm.

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: 0g (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%)