



## Broccoli & Cauliflower Supreme

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

### Ingredients

- 1.5 bunches broccoli steamed drained cut into florets ( 6 cups), ,
- 0.5 head cauliflower steamed drained cut into florets ( 3 cups), ,
- 4 oz philadelphia cream cheese fat free cubed ( )
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup free peppercorn ranch dressing kraft
- 0.5 cup ritz reduced fat crackers crushed

### Equipment

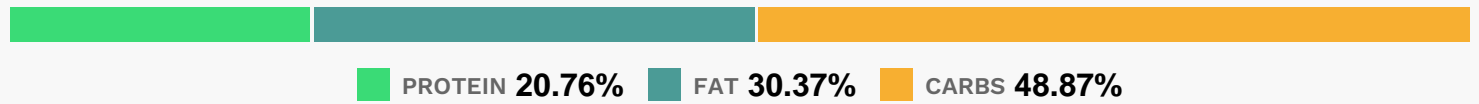
- bowl

microwave

## Directions

- Microwave cream cheese, dressing and mustard in medium microwaveable bowl on HIGH 30 to 45 sec. or until cream cheese is softened and sauce is heated through. Stir until cream cheese is completely melted and sauce is well blended.
- Combine vegetables in large bowl.
- Add sauce; toss until vegetables are evenly coated.
- Transfer to serving bowl; top with cracker crumbs.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:20.411739124228%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 12.09mg, Kaempferol: 12.09mg, Kaempferol: 12.09mg, Kaempferol: 12.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

## Nutrients (% of daily need)

Calories: 157.05kcal (7.85%), Fat: 5.78g (8.9%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 15.92g (5.79%), Sugar: 6.98g (7.75%), Cholesterol: 4.87mg (1.62%), Sodium: 360.79mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Vitamin C: 158.69mg (192.35%), Vitamin K: 175.94µg (167.56%), Folate: 130.26µg (32.57%), Phosphorus: 241.55mg (24.15%), Manganese: 0.41mg (20.57%), Fiber: 5.02g (20.07%), Potassium: 686.28mg (19.61%), Vitamin A: 962.55IU (19.25%), Vitamin B6: 0.37mg (18.42%), Vitamin B2: 0.27mg (15.71%), Calcium: 152.69mg (15.27%), Vitamin B5: 1.44mg (14.37%), Magnesium: 44.97mg (11.24%), Vitamin E: 1.46mg (9.72%), Vitamin B1: 0.15mg (9.71%), Selenium: 6.21µg (8.88%), Iron: 1.42mg (7.87%), Zinc: 1.07mg (7.13%), Vitamin B3: 1.28mg (6.39%), Copper: 0.1mg (5.19%), Vitamin B12: 0.2µg (3.28%)