



## Broccoli & Cauliflower Supreme

READY IN



25 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

### Ingredients

- 6 cups broccoli florets steamed
- 3 cups cauliflower florets steamed
- 4 oz philadelphia cream cheese cubed ()
- 1 Tbsp grey poupon savory honey mustard
- 0.3 cup peppercorn ranch dressing kraft
- 0.5 cup ritz crackers crushed

### Equipment

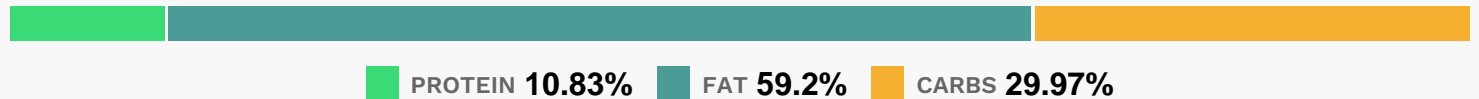
- bowl

microwave

## Directions

- Combine first 3 ingredients in medium microwaveable bowl. Microwave on HIGH 30 to 45 sec. or until cream cheese is melted; stir until blended.
- Add vegetables; toss to coat.
- Spoon into serving bowl; sprinkle with cracker crumbs.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:17.017826062506%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

## Nutrients (% of daily need)

Calories: 182.19kcal (9.11%), Fat: 12.59g (19.37%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 10.86g (3.95%), Sugar: 4.59g (5.1%), Cholesterol: 21.69mg (7.23%), Sodium: 251.07mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin C: 105.27mg (127.6%), Vitamin K: 116.87µg (111.3%), Folate: 91.53µg (22.88%), Vitamin A: 824.55IU (16.49%), Manganese: 0.3mg (15.09%), Fiber: 3.48g (13.92%), Potassium: 474.36mg (13.55%), Phosphorus: 134.53mg (13.45%), Vitamin B6: 0.27mg (13.39%), Vitamin B2: 0.2mg (11.88%), Vitamin B5: 1.06mg (10.61%), Vitamin E: 1.31mg (8.73%), Calcium: 82.6mg (8.26%), Vitamin B1: 0.12mg (7.84%), Magnesium: 29.76mg (7.44%), Selenium: 4.78µg (6.83%), Iron: 1.15mg (6.38%), Vitamin B3: 1.1mg (5.51%), Zinc: 0.65mg (4.33%), Copper: 0.08mg (3.78%)