



Browned Butter Vegetables with Almonds

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds sliced
- 2 cups broccoli chopped
- 0.5 cup butter
- 2 cups cauliflower chopped
- 1 teaspoon garlic salt
- 1 medium onion chopped
- 1 teaspoon garlic pepper
- 1 medium bell pepper red chopped

2 tablespoons white wine

Equipment

frying pan

Directions

- Melt butter in a skillet over medium–low heat. Season with garlic salt and garlic pepper.
- Mix in almonds and cook until golden brown. Stir in wine, onion, red bell pepper, broccoli and cauliflower. Cook 5 minutes, or until vegetables are tender.

Nutrition Facts

 **PROTEIN 5.63%**  **FAT 79.05%**  **CARBS 15.32%**

Properties

Glycemic Index:38, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:11.403478479904%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 190.57kcal (9.53%), Fat: 17.29g (26.6%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.95g (3.28%), Cholesterol: 40.67mg (13.56%), Sodium: 530.79mg (23.08%), Alcohol: 0.51g (100%), Alcohol %: 0.5% (100%), Protein: 2.77g (5.54%), Vitamin C: 69.13mg (83.8%), Vitamin K: 37.48µg (35.7%), Vitamin A: 1276.9IU (25.54%), Folate: 52.19µg (13.05%), Manganese: 0.25mg (12.53%), Vitamin E: 1.87mg (12.43%), Fiber: 2.58g (10.34%), Vitamin B6: 0.21mg (10.31%), Potassium: 295.58mg (8.45%), Vitamin B2: 0.12mg (7.17%), Phosphorus: 66.74mg (6.67%), Magnesium: 25.39mg (6.35%), Vitamin B5: 0.52mg (5.18%), Vitamin B1: 0.07mg (4.38%), Calcium: 41.83mg (4.18%), Copper: 0.07mg (3.71%), Vitamin B3: 0.71mg (3.55%), Iron: 0.63mg (3.5%), Zinc: 0.42mg (2.83%), Selenium: 1.45µg (2.07%)