



## Buttery Citrus Sautéed Vegetables



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

### Ingredients

- ☐ 1 clove garlic finely chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 3 tablespoons buttery taste\* margarine becel®
- ☐ 1.5 pounds your favourite vegetables red coarsely chopped onions, zucchini, asparagus, bell peppers

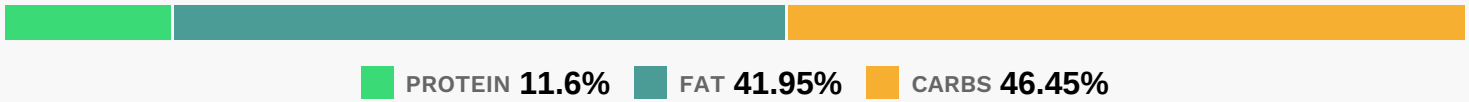
### Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ Heat Becel® Buttery Taste margarine in 12-inch non-stick skillet; cook vegetables until tender-crisp.
- ☐ Combine parsley, garlic and lemon peel in small bowl; evenly sprinkle over vegetables in skillet; cook 1 minute longer.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:7.31, Inflammation Score:-10, Nutrition Score:12.613912937191%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 185.59kcal (9.28%), Fat: 9.34g (14.37%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 16.43g (5.98%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 179.1mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin A: 9013.31IU (180.27%), Fiber: 6.85g (27.38%), Vitamin C: 18.27mg (22.14%), Manganese: 0.43mg (21.38%), Vitamin B1: 0.21mg (14.01%), Folate: 49.49µg (12.37%), Vitamin B3: 2.14mg (10.69%), Potassium: 368.42mg (10.53%), Phosphorus: 103.95mg (10.39%), Magnesium: 41.36mg (10.34%), Iron: 1.63mg (9.06%), Vitamin B2: 0.15mg (8.79%), Vitamin B6: 0.17mg (8.7%), Copper: 0.16mg (8.03%), Zinc: 0.77mg (5.17%), Calcium: 47.37mg (4.74%), Vitamin B5: 0.29mg (2.91%), Vitamin E: 0.33mg (2.18%), Selenium: 0.79µg (1.13%)