



Caribbean Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 teaspoon parsley fresh chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander seeds
- ☐ 2 teaspoons olive oil

- ☐ 0.1 teaspoon salt
- ☐ 1 pound sweet potatoes and into peeled chopped
- ☐ 2.3 cups zucchini chopped

Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add sweet potato; saute 5 minutes.
- ☐ Add chicken broth and next 7 ingredients (chicken broth through pepper); cook 15 minutes or until potato is tender.
- ☐ Add zucchini; cook 2 minutes.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:11.53, Inflammation Score:-10, Nutrition Score:12.699565169604%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 130.69kcal (6.53%), Fat: 2.39g (3.68%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 21.29g (7.74%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 257.14mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin A: 16235.77IU (324.72%), Manganese: 0.44mg (21.92%), Vitamin C: 15.41mg (18.68%), Vitamin B6: 0.36mg (17.9%), Fiber: 4.27g (17.09%), Potassium: 585.25mg (16.72%), Copper: 0.22mg (11.07%), Vitamin B5: 1.09mg (10.89%), Magnesium: 42.99mg (10.75%), Phosphorus: 84.77mg (8.48%), Vitamin B2: 0.14mg (8.37%), Vitamin B1: 0.12mg (8.2%), Folate: 29.8µg (7.45%), Vitamin K: 6.86µg (6.54%), Iron: 1.07mg (5.92%), Vitamin B3: 1.13mg (5.63%), Calcium: 49.21mg (4.92%), Vitamin E: 0.67mg (4.5%), Zinc: 0.59mg (3.93%), Selenium: 1.53µg (2.18%)