



Carrot-Edamame Sauté



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 8 ounce pre-shredded carrot
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup edamame refrigerated shelled fully-cooked
- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.3 cup bell pepper diced green
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots finely chopped (1 large)

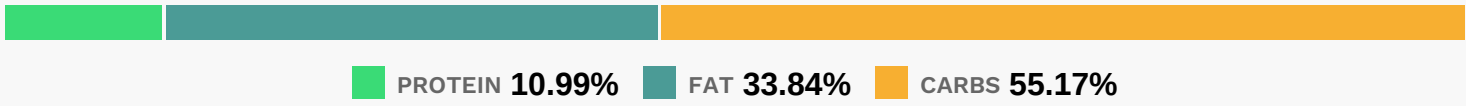
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add shallot, and saut 3 to 4 minutes or until soft.
- ☐ Add carrot and edamame; saut 5 minutes or until vegetables are almost tender.
- ☐ Add bell peppers; saut 2 minutes.
- ☐ Add parsley and butter, stirring until butter melts. Stir in lemon juice, thyme, salt, and black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.57, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:9.87999999549823%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 73.49kcal (3.67%), Fat: 2.93g (4.5%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.83g (5.37%), Cholesterol: 2.15mg (0.72%), Sodium: 157.91mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 7934.43IU (158.69%), Vitamin C: 21.96mg (26.62%), Vitamin K: 22.27µg (21.21%), Fiber: 2.79g (11.14%), Vitamin B6: 0.18mg (9.24%), Potassium: 305.97mg (8.74%), Manganese: 0.17mg (8.49%), Folate: 22.63µg (5.66%), Iron: 0.88mg (4.87%), Vitamin E: 0.72mg (4.81%), Calcium: 36.06mg (3.61%), Vitamin B1: 0.05mg (3.6%), Phosphorus: 34.62mg (3.46%), Magnesium: 12.87mg (3.22%), Vitamin B3: 0.62mg (3.09%), Copper: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.25mg (1.65%)