



## Colorful Vegetable Medley with Chive Aioli

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

### Ingredients

- 2 pounds beets
- 10 ounces broccoli florets
- 1.5 cups carrots diagonally sliced ( )
- 0.3 cup mayonnaise fat-free
- 3 tablespoons chives fresh chopped
- 4 garlic cloves peeled
- 2 tablespoons juice of lemon fresh
- 0.5 cup cup heavy whipping cream sour low-fat

- 2 teaspoons olive oil
- 0.3 teaspoon salt
- 2 tablespoons water

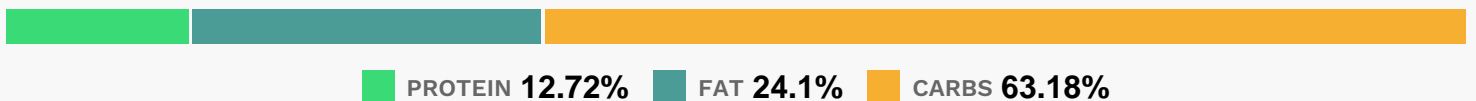
## Equipment

- food processor
- bowl
- blender
- baking pan
- microwave
- slotted spoon

## Directions

- To prepare vegetables, trim off beet roots; peel beets.
- Cut each beet into 6 wedges.
- Place beet wedges in an 11 x 7-inch baking dish. Cover and microwave at HIGH for 5 minutes; cool slightly.
- Add broccoli florets and carrot slices; sprinkle with water and 1/4 teaspoon salt. Cover and microwave at HIGH for 10 minutes or until tender.
- Remove the vegetables with a slotted spoon, and place in a shallow serving dish.
- To prepare the aioli, place sour cream and the next 5 ingredients (sour cream through garlic cloves) in a blender or food processor; process until smooth, scraping sides of bowl once.
- Place garlic mixture in a small bowl; stir in chives.
- Serve with vegetables.

## Nutrition Facts



## Properties

Glycemic Index:36.31, Glycemic Load:8.37, Inflammation Score:-10, Nutrition Score:20.488260979238%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 144.67kcal (7.23%), Fat: 4.17g (6.41%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 17.95g (6.53%), Sugar: 13.75g (15.28%), Cholesterol: 7.57mg (2.52%), Sodium: 344.97mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin A: 5818.82IU (116.38%), Vitamin C: 55.05mg (66.72%), Vitamin K: 59.23µg (56.41%), Folate: 205.4µg (51.35%), Manganese: 0.68mg (34.22%), Fiber: 6.64g (26.54%), Potassium: 806.09mg (23.03%), Vitamin B6: 0.26mg (13.06%), Magnesium: 52.13mg (13.03%), Phosphorus: 121.28mg (12.13%), Iron: 1.75mg (9.7%), Vitamin B2: 0.16mg (9.61%), Calcium: 90.08mg (9.01%), Copper: 0.17mg (8.3%), Vitamin B1: 0.12mg (7.7%), Zinc: 0.94mg (6.23%), Vitamin B5: 0.62mg (6.16%), Vitamin E: 0.91mg (6.04%), Vitamin B3: 1.16mg (5.82%), Selenium: 3.2µg (4.57%), Vitamin B12: 0.08µg (1.34%)