



Crispy Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli and cauliflower florets
- 1 eggs lightly beaten
- 0.5 cup lite ranch dressing kraft
- 1 sweet potatoes and into cut into 1/4-inch slices
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- bowl
- oven

baking pan

Directions

- Preheat oven to 425F. Beat egg in small bowl. Dip vegetables in egg; shake in coating mix.
- Place on lightly greased shallow baking pan.
- Bake 20 min. or until golden brown.
- Serve as dippers with dressing.

Nutrition Facts

PROTEIN 25.68% **FAT 64.69%** **CARBS 9.63%**

Properties

Glycemic Index:15, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:17.710869519607%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 406.01kcal (20.3%), Fat: 28.78g (44.28%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 8.18g (2.97%), Sugar: 2.86g (3.18%), Cholesterol: 127.7mg (42.57%), Sodium: 305.2mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.43%), Vitamin A: 5568.71IU (111.37%), Vitamin B3: 8.95mg (44.73%), Selenium: 21.56µg (30.8%), Vitamin K: 31.99µg (30.46%), Vitamin B6: 0.57mg (28.61%), Phosphorus: 263.39mg (26.34%), Vitamin B5: 1.84mg (18.4%), Vitamin B2: 0.24mg (13.9%), Vitamin C: 10.97mg (13.3%), Zinc: 1.95mg (13%), Potassium: 439.64mg (12.56%), Magnesium: 39.19mg (9.8%), Iron: 1.63mg (9.06%), Vitamin B12: 0.49µg (8.21%), Vitamin B1: 0.12mg (7.99%), Manganese: 0.16mg (7.88%), Vitamin E: 1.01mg (6.75%), Copper: 0.13mg (6.67%), Folate: 25.51µg (6.38%), Fiber: 1.46g (5.85%), Calcium: 38.64mg (3.86%), Vitamin D: 0.42µg (2.8%)