



Crispy Veggie Fries

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



33 kcal

SIDE DISH

Ingredients

- 1 cup bite-sized broccoli florets
- 1 cup bite-sized cauliflower pieces
- 1 eggs
- 1 cup mushroom caps cleaned
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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Equipment

- bowl

frying pan

oven

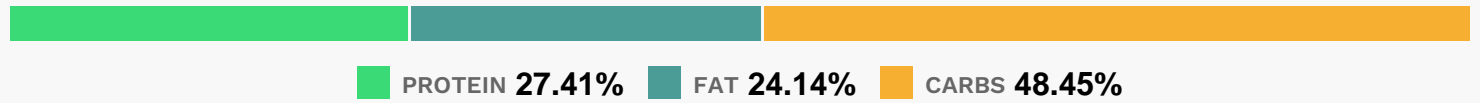
Directions

Preheat oven to 425F. Beat egg in small bowl. Dip vegetables in egg; shake in coating mix.

Place breaded vegetables on lightly greased shallow pan.

Bake 20 min. or until crisp and golden brown.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:6.2408694702646%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 32.62kcal (1.63%), Fat: 0.98g (1.52%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.5g (1.67%), Cholesterol: 27.28mg (9.09%), Sodium: 23.81mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Vitamin C: 21.56mg (26.14%), Vitamin K: 18.08µg (17.21%), Vitamin B6: 0.18mg (9%), Vitamin B5: 0.88mg (8.75%), Vitamin B2: 0.14mg (8.41%), Vitamin B3: 1.65mg (8.24%), Phosphorus: 74.05mg (7.41%), Manganese: 0.15mg (7.32%), Selenium: 4.88µg (6.97%), Folate: 27.4µg (6.85%), Fiber: 1.67g (6.68%), Potassium: 222.39mg (6.35%), Zinc: 0.59mg (3.93%), Copper: 0.07mg (3.63%), Magnesium: 14.1mg (3.52%), Vitamin A: 134.09IU (2.68%), Iron: 0.46mg (2.57%), Vitamin D: 0.3µg (1.98%), Vitamin B1: 0.03mg (1.85%), Calcium: 15.65mg (1.57%), Vitamin E: 0.21mg (1.39%), Vitamin B12: 0.07µg (1.09%)