



Crunchy Broccoli Toss

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

READY IN



15 min.

SERVINGS



15

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups broccoli florets
- 1 cup carrots shredded
- 1 tsp cornstarch
- 2 cloves garlic minced
- 6 oz planters trail mix nuts
- 1 medium onion sliced
- 3 Tbsp teriyaki sauce
- 0.3 cup vegetable broth

2 Tbsp water

Equipment

sauce pan

Directions

Place broccoli, carrots, onion, garlic and water in medium saucepan; cover. Bring to boil on medium-high heat. Reduce heat to medium-low; cook 3 to 5 min. or until broccoli is crisp-tender.

Combine cornstarch, broth and teriyaki sauce. Stir into vegetable mixture; cover. Cook on medium heat until broccoli is tender.

Add trail mix; mix lightly.

Serve warm.

Nutrition Facts

 **PROTEIN 13.07%**  **FAT 57.51%**  **CARBS 29.42%**

Properties

Glycemic Index:14.03, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:7.6556520980337%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 86.54kcal (4.33%), Fat: 5.95g (9.16%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.83g (1.75%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 169.28mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin A: 1586.99IU (31.74%), Vitamin C: 22.86mg (27.71%), Vitamin K: 25.91µg (24.68%), Manganese: 0.3mg (14.95%), Magnesium: 34.69mg (8.67%), Copper: 0.17mg (8.44%), Fiber: 2.03g (8.11%), Phosphorus: 76.63mg (7.66%), Folate: 24.27µg (6.07%), Potassium: 192.1mg (5.49%), Vitamin B6: 0.11mg (5.26%), Vitamin B3: 0.83mg (4.14%), Iron: 0.71mg (3.92%), Zinc: 0.57mg (3.81%), Vitamin B2: 0.06mg (3.59%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.32mg (3.18%), Calcium: 25.53mg (2.55%), Vitamin E: 0.25mg (1.65%), Selenium: 0.75µg (1.07%)