



Crunchy Lemon-Pepper Vegetables

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- 1 lb potato nuggets frozen
- 0.5 cup cornflakes crushed country®
- 1 tablespoon butter melted
- 0.5 teaspoon lemon pepper

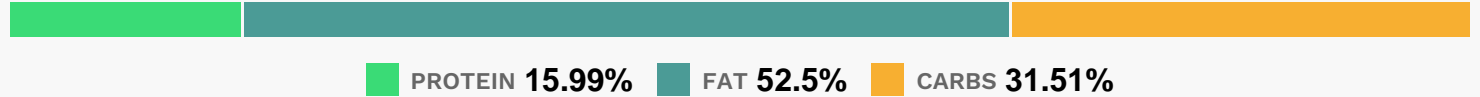
Equipment

- bowl

Directions

- Cook frozen vegetables as directed on package; drain well.
- Just before serving, in small bowl, mix crushed cereal, butter and lemon-pepper seasoning.
- Sprinkle over vegetables; stir to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:6.5778260548478%

Nutrients (% of daily need)

Calories: 265.08kcal (13.25%), Fat: 17.01g (26.18%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 14.3g (5.2%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 58.57mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Iron: 12.38mg (68.75%), Fiber: 8.68g (34.73%), Potassium: 606.01mg (17.31%), Vitamin A: 189.07IU (3.78%), Vitamin B2: 0.05mg (3.23%), Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.05mg (3.17%), Vitamin B3: 0.63mg (3.15%), Folate: 12.57µg (3.14%), Vitamin B12: 0.18µg (2.98%), Manganese: 0.04mg (1.89%)