



Crunchy Lemon-Pepper Vegetables

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

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

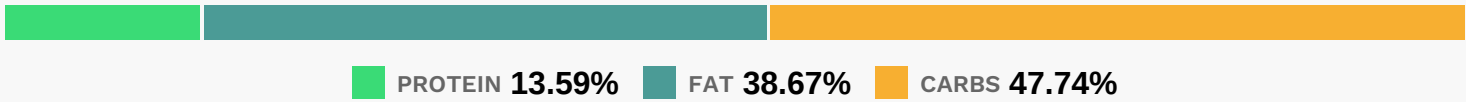
Equipment

- ☐ 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:16, Glycemic Load:1.11, Inflammation Score:-5, Nutrition Score:9.2299999698349%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 66.64kcal (3.33%), Fat: 3.16g (4.86%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 6.32g (2.3%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 92.59mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin C: 55.4mg (67.15%), Folate: 77.21µg (19.3%), Vitamin K: 17.99µg (17.13%), Vitamin B6: 0.27mg (13.62%), Manganese: 0.21mg (10.68%), Potassium: 349.73mg (9.99%), Fiber: 2.45g (9.79%), Iron: 1.51mg (8.4%), Vitamin B5: 0.77mg (7.71%), Vitamin B2: 0.12mg (7.23%), Vitamin B1: 0.1mg (6.95%), Vitamin B3: 1.21mg (6.03%), Phosphorus: 54.67mg (5.47%), Magnesium: 18.91mg (4.73%), Vitamin A: 189.07IU (3.78%), Vitamin B12: 0.18µg (2.98%), Calcium: 27.28mg (2.73%), Copper: 0.05mg (2.72%), Zinc: 0.34mg (2.29%), Selenium: 0.98µg (1.4%), Vitamin E: 0.21mg (1.37%)