



Easy Cheesy Vegetable Medley

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups rice hot cooked
- 1 cup italian* low-moisture mozzarella-parmesan cheese blend shredded kraft
- 1 cup onion chopped
- 0.5 cup sun tomato vinaigrette dressing dried divided kraft
- 1 cup tomatoes chopped
- 1 cup zucchini sliced

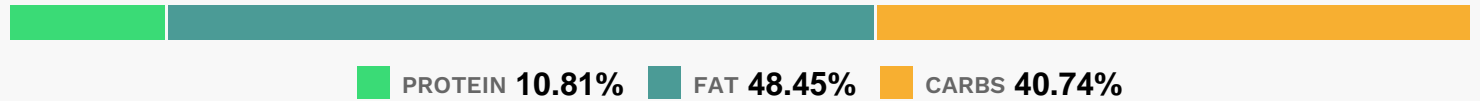
Equipment

- frying pan

Directions

- Pour 1/4 cup of the dressing into large skillet.
- Add onions; cook and stir on medium heat until crisp-tender.
- Add zucchini; cook and stir 2 min.
- Add eggplant; cook an additional 2 min.
- Add remaining 1/4 cup dressing and the tomatoes. Bring just to boil. Reduce heat to medium-low; continue cooking 10 min. or until vegetables are tender.
- Sprinkle with cheese.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.6417391160908%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 54.2kcal (2.71%), Fat: 2.93g (4.51%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.29g (1.92%), Sugar: 0.64g (0.71%), Cholesterol: 2.45mg (0.82%), Sodium: 27.32mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Manganese: 0.09mg (4.74%), Vitamin K: 4.76µg (4.53%), Selenium: 2.29µg (3.27%), Phosphorus: 31.18mg (3.12%), Calcium: 30.07mg (3.01%), Vitamin C: 1.82mg (2.2%), Vitamin B6: 0.04mg (1.76%), Vitamin E: 0.25mg (1.67%), Zinc: 0.24mg (1.63%), Vitamin A: 72.53IU (1.45%), Vitamin B2: 0.02mg (1.29%), Magnesium: 4.74mg (1.18%), Potassium: 40.58mg (1.16%), Folate: 4.2µg (1.05%), Vitamin B12: 0.06µg (1.04%), Fiber: 0.25g (1.02%)