



Easy Vegetable Toss

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb broccoli florets
- 1 lb cauliflower florets
- 0.5 lb green beans ends trimmed
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese shredded kraft
- 1 large bell pepper red cut into 1/2-inch-wide strips

Equipment

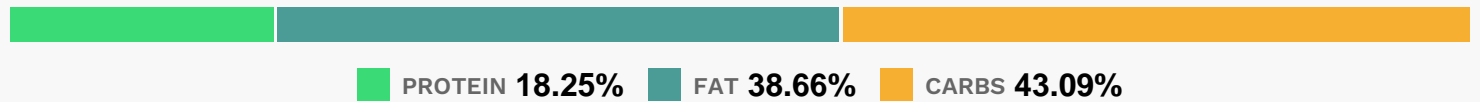
- bowl

sauce pan

Directions

- Add broccoli, cauliflower and beans to boiling water in large saucepan. Cook 3 to 5 min. or just until vegetables are crisp-tender. (Do not overcook.)
- Drain. Immediately rinse with very cold water; drain again.
- Place vegetable mixture in large serving bowl.
- Add peppers; mix lightly. Cover. Refrigerate several hours or until chilled.
- Add dressing and cheese just before serving; toss to coat.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:9.4608694266366%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 52.88kcal (2.64%), Fat: 2.49g (3.83%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.91g (3.23%), Cholesterol: 1.51mg (0.5%), Sodium: 133.78mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin C: 57.42mg (69.6%), Vitamin K: 46.99µg (44.76%), Vitamin A: 655.22IU (13.1%), Folate: 46.46µg (11.62%), Vitamin B6: 0.17mg (8.44%), Fiber: 2.03g (8.12%), Manganese: 0.16mg (7.91%), Potassium: 249.57mg (7.13%), Phosphorus: 58.45mg (5.84%), Calcium: 54.55mg (5.46%), Vitamin B2: 0.09mg (5.05%), Vitamin B5: 0.45mg (4.54%), Vitamin E: 0.67mg (4.47%), Magnesium: 17.35mg (4.34%), Vitamin B1: 0.06mg (3.82%), Iron: 0.59mg (3.27%), Vitamin B3: 0.58mg (2.9%), Selenium: 1.7µg (2.42%), Zinc: 0.34mg (2.24%), Copper: 0.04mg (2.06%)