



 **14%**  
HEALTH SCORE

## Winter Vegetable Medley

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

### Ingredients

- 1 bunch broccoli cut into florets
- 0.5 cup butter melted (1 stick)
- 1 head cauliflower cut into florets
- 1 pint cherry tomatoes
- 8 servings garlic powder to taste
- 8 servings salt and pepper
- 0.5 pound snow peas

### Equipment

- mixing bowl
- pot
- steamer basket

## Directions

- In a large pot fitted with a steamer basket, bring water to a boil and add vegetables successively starting with broccoli and cauliflower, about 3 minutes, then snow peas about 3 more minutes, then cherry tomatoes, until all vegetables are fork tender (a fork can easily be poked through).
- Transfer vegetables to a large mixing bowl and season with garlic powder and salt and pepper, to taste, and toss with melted butter.

## Nutrition Facts



**PROTEIN 11.42%** **FAT 56.73%** **CARBS 31.85%**

## Properties

Glycemic Index:14.88, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:19.18652173913%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## Nutrients (% of daily need)

Calories: 178.02kcal (8.9%), Fat: 12.13g (18.66%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 10.49g (3.81%), Sugar: 5.35g (5.95%), Cholesterol: 30.5mg (10.17%), Sodium: 341.1mg (14.83%), Protein: 5.5g (10.99%), Vitamin C: 132.97mg (161.17%), Vitamin K: 98.41µg (93.72%), Vitamin A: 1425.41IU (28.51%), Folate: 110.28µg (27.57%), Manganese: 0.43mg (21.61%), Vitamin B6: 0.41mg (20.37%), Potassium: 679.94mg (19.43%), Fiber: 4.83g (19.34%), Phosphorus: 129.2mg (12.92%), Vitamin B5: 1.24mg (12.42%), Iron: 2.02mg (11.24%), Vitamin B1: 0.17mg (11.16%), Vitamin B2: 0.18mg (10.4%), Magnesium: 41.47mg (10.37%), Vitamin E: 1.44mg (9.61%), Calcium: 76.12mg (7.61%), Copper: 0.15mg (7.41%), Vitamin B3: 1.36mg (6.82%), Selenium: 3.68µg (5.26%), Zinc: 0.77mg (5.12%)