



## Fresh Sautéed Vegetables

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups each: broccoli and cauliflower florets
- 1 cup carrots diagonally sliced
- 0.5 cup each: mushrooms red sliced
- 2 Tbsp olive oil
- 1 env. seasons dressing mix italian good
- 0.8 cup each: snow peas and squash yellow sliced
- 0.3 cup heinz red wine vinegar

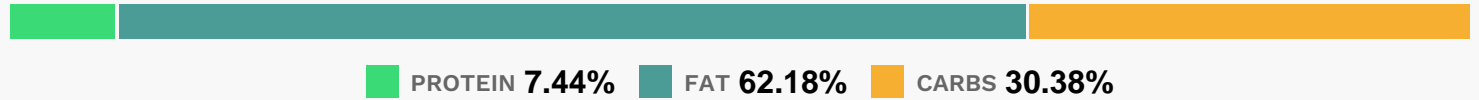
## Equipment

frying pan

## Directions

- Heat oil in large skillet on medium-high heat.
- Add vegetables; cook and stir until crisp-tender.
- Stir in vinegar and dressing mix; cook until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:4.43, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:2.5043478705313%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 16.43kcal (0.82%), Fat: 1.17g (1.8%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 8.78mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin A: 1014.62IU (20.29%), Vitamin C: 10.76mg (13.05%), Vitamin K: 7.8µg (7.43%), Vitamin E: 0.3mg (1.97%), Folate: 7.02µg (1.75%), Fiber: 0.42g (1.7%), Manganese: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.5%), Potassium: 46.75mg (1.34%)