



Fresh Vegetable Medley

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



25

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz cream of mushroom soup canned
- 1 Tbsp butter
- 1 small onion chopped
- 8 cups vegetables mixed fresh sliced (broccoli and cauliflower florets; carrots, squash and zucchini; cut-up green beans; corn)
- 8 oz velveeta cut into 1/2-inch cubes
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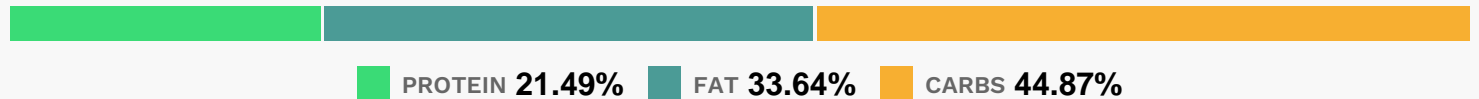
Equipment

frying pan

Directions

- Cook and stir onions in margarine in large skillet on medium heat until crisp-tender.
- Add VELVEETA and soup; cook until VELVEETA is completely melted and mixture is well blended, stirring frequently.
- Stir in remaining vegetables; cook 10 min. or until crisp-tender, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:2.36, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.5608695991661%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 20.06kcal (1%), Fat: 0.82g (1.25%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.73g (0.81%), Cholesterol: 0.57mg (0.19%), Sodium: 95.39mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 15.63mg (18.95%), Folate: 19.57µg (4.89%), Vitamin K: 4.97µg (4.73%), Manganese: 0.09mg (4.36%), Vitamin B6: 0.07mg (3.34%), Potassium: 114.29mg (3.27%), Fiber: 0.71g (2.84%), Vitamin B5: 0.24mg (2.39%), Phosphorus: 18.31mg (1.83%), Copper: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.59%), Magnesium: 5.89mg (1.47%), Zinc: 0.22mg (1.44%), Vitamin B3: 0.27mg (1.34%), Vitamin B1: 0.02mg (1.31%), Iron: 0.22mg (1.22%)