



Garden Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

SIDE DISH

Ingredients



1 cup broccoli florets trimmed



0.5 pound carrots cut into 1/4-inch-thick slices



1 cup peas fresh green thawed

Equipment

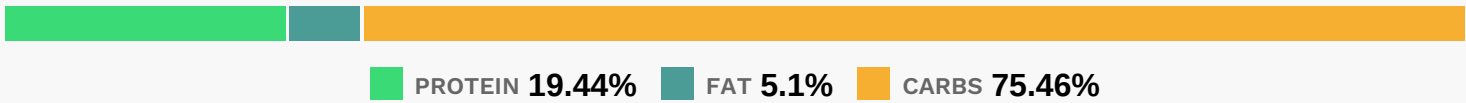


food processor

Directions

- ☐ Arrange all vegetables in a vegetable steamer. Steam, covered, 13 minutes or until vegetables are very tender.
- ☐ Remove vegetables from steamer, reserving cooking liquid.
- ☐ Place vegetables in a food processor; process until smooth, adding cooking liquid, 1 tablespoon at a time, to reach desired consistency.
- ☐ Easy Freezing This recipe is based on 1/4-cup serving sizes. If you freeze batches in ice-cube trays, one cube usually holds 2 tablespoons. We recommend defrosting just one cube when baby is new to solid food. Later on when baby has started eating more, defrost two to four cubes (2 to 4 ounces or 1/4 to 1/2 cup).

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:8.8630436477454%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 30.17kcal (1.51%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 3.96g (1.44%), Sugar: 2.56g (2.85%), Cholesterol: 0mg (0%), Sodium: 24.22mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin A: 4945.59IU (98.91%), Vitamin C: 19.07mg (23.11%), Vitamin K: 19.84µg (18.89%), Fiber: 2.12g (8.49%), Manganese: 0.14mg (6.94%), Folate: 24.33µg (6.08%), Vitamin B1: 0.08mg (5%), Potassium: 170.89mg (4.88%), Vitamin B6: 0.09mg (4.48%), Phosphorus: 37mg (3.7%), Vitamin B3: 0.73mg (3.65%), Vitamin B2: 0.05mg (3.16%), Magnesium: 11.77mg (2.94%), Copper: 0.05mg (2.51%), Iron: 0.43mg (2.41%), Zinc: 0.34mg (2.26%), Vitamin E: 0.3mg (2%), Calcium: 19.23mg (1.92%), Vitamin B5: 0.16mg (1.61%)