



Garlicky Potatoes, Green Beans and Cauliflower



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cauliflower florets
- ☐ 1 pound fingerling potatoes peeled scrubbed
- ☐ 4 garlic cloves finely chopped
- ☐ 1 pound green beans
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon spicy pimentón de la vera smoked spanish hot (paprika)
- ☐ 6 servings salt

☐ 1 tablespoon sherry vinegar

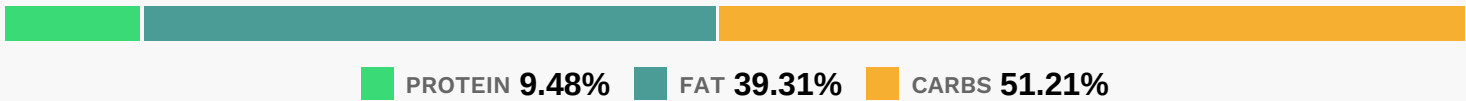
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot, cover the fingerling potatoes with 2 inches of salted water and bring to a boil over high heat. Reduce the heat to moderate and cook until the potatoes are almost tender, about 8 minutes.
- ☐ Add the cauliflower florets and green beans to the pot and simmer until tender, about 5 minutes.
- ☐ Meanwhile in a small skillet, heat the olive oil.
- ☐ Add the garlic and cook over low heat until golden brown, about 1 minute.
- ☐ Add the pimentn and a large pinch of salt and remove from the heat.
- ☐ Drain the vegetables well and transfer to a serving bowl. Season with salt and drizzle with the garlic oil.
- ☐ Sprinkle with the vinegar, toss well and serve.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:11.81, Inflammation Score:-7, Nutrition Score:13.187825975211%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 159.95kcal (8%), Fat: 7.41g (11.4%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 16.91g (6.15%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 221.28mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 48.85mg (59.22%), Vitamin K: 46.12µg (43.92%), Vitamin B6: 0.45mg (22.5%), Manganese: 0.39mg (19.72%), Fiber: 4.8g (19.22%), Potassium: 639.64mg (18.28%), Folate: 65.65µg (16.41%), Vitamin A: 572.74IU (11.45%), Magnesium: 44.64mg (11.16%), Vitamin B1: 0.15mg (10.13%), Phosphorus: 97.58mg (9.76%), Vitamin E: 1.43mg (9.54%), Iron: 1.69mg (9.41%), Vitamin B3: 1.64mg (8.19%), Copper: 0.16mg (8.07%), Vitamin B2: 0.14mg (8.03%), Vitamin B5: 0.74mg (7.41%), Calcium: 52.55mg (5.26%), Zinc: 0.57mg (3.78%), Selenium: 1.3µg (1.86%)