



Herbed Veggie Platter

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium bunch broccoli cut into florets
- 0.5 cup butter cubed
- 1 small head cauliflower
- 0.8 teaspoon parsley dried
- 0.8 teaspoon thyme dried
- 0.5 teaspoon onion salt
- 0.3 cup parmesan cheese grated
- 2 medium tomatoes cut into wedges

2 medium zucchini cut into 1/4-inch slices

Equipment

bowl

microwave

Directions

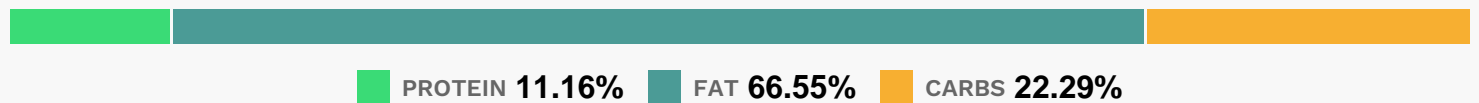
On a large round microwave-safe platter, arrange the cauliflower, broccoli and zucchini. Cover and microwave on high for 5-1/2 minutes or until crisp-tender, stirring occasionally; drain.

In a small microwave-safe bowl, combine the butter, thyme, parsley and onion salt. Cover and microwave on high for 45 seconds or until the butter is melted.

Arrange tomatoes on platter.

Drizzle butter mixture over vegetables; sprinkle with cheese. Cook, uncovered, on high for 1-2 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:1.42, Inflammation Score:-8, Nutrition Score:14.042608664736%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 134.03kcal (6.7%), Fat: 10.62g (16.34%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.18g (3.53%), Cholesterol: 27.3mg (9.1%), Sodium: 280.04mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin C: 77.44mg (93.87%), Vitamin K: 71.99µg (68.56%), Vitamin A: 977.57IU (19.55%), Folate: 67.27µg (16.82%), Manganese: 0.28mg (13.8%), Potassium: 441.67mg (12.62%), Vitamin B6: 0.24mg (12.11%), Fiber: 2.83g (11.31%), Phosphorus: 96.63mg (9.66%), Vitamin B2: 0.14mg (8.49%), Calcium: 76.9mg (7.69%), Magnesium: 28.1mg (7.02%), Vitamin B5: 0.65mg (6.5%), Vitamin E:

0.96mg (6.41%), Vitamin B1: 0.09mg (5.67%), Iron: 0.88mg (4.88%), Selenium: 3.04µg (4.35%), Zinc: 0.65mg (4.32%), Vitamin B3: 0.86mg (4.29%), Copper: 0.08mg (3.88%), Vitamin B12: 0.06µg (1.07%)