



Honey-Dijon Vegetables

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce brussels sprouts frozen thawed
- ☐ 2 tablespoons butter
- ☐ 3 carrots diagonally sliced
- ☐ 1.5 cups cauliflower flowerets
- ☐ 0.5 teaspoon chicken soup base
- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon hot sauce

- ☐ 1 cup milk
- ☐ 2 tablespoons onion diced
- ☐ 1 cup water

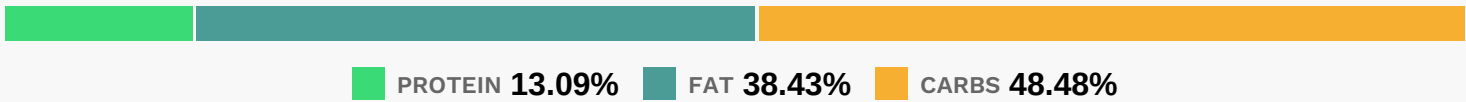
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 1 cup water to a boil in a saucepan.
- ☐ Add carrot and cauliflower; cover and simmer 8 minutes.
- ☐ Add brussels sprouts, and cook 8 minutes or until tender; drain and keep warm.
- ☐ Melt butter in a skillet over medium heat; add onion, and saut until tender.
- ☐ Whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually add milk; cook over medium heat, whisking constantly until thickened. Stir in mustard and next 3 ingredients; toss with vegetables.

Nutrition Facts



Properties

Glycemic Index:41.89, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:13.677391135174%

Flavonoids

Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg 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: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 90.64kcal (4.53%), Fat: 4.14g (6.37%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 9.17g (3.33%), Sugar: 6.02g (6.69%), Cholesterol: 3.68mg (1.23%), Sodium: 140.67mg (6.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 4265.55IU (85.31%), Vitamin K: 68.8µg (65.53%), Vitamin C: 40.82mg (49.48%), Manganese: 0.21mg (10.63%), Fiber: 2.58g (10.33%), Folate: 40.89µg (10.22%), Potassium: 326.14mg (9.32%), Vitamin B6: 0.17mg (8.47%), Phosphorus: 78.43mg (7.84%), Vitamin B1: 0.11mg (7.5%), Calcium: 69.04mg (6.9%), Vitamin B2: 0.11mg (6.66%), Magnesium: 19.91mg (4.98%), Iron: 0.79mg (4.41%), Vitamin B5: 0.44mg (4.36%), Selenium: 2.94µg (4.2%), Vitamin E: 0.61mg (4.09%), Vitamin B3: 0.75mg (3.76%), Zinc: 0.42mg (2.83%), Vitamin B12: 0.17µg (2.81%), Copper: 0.05mg (2.71%), Vitamin D: 0.34µg (2.24%)