



Honey-mustard steamed green medley



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp coarse mustard
- ☐ 0.5 tsp honey
- ☐ 1 tbsp apple cider vinegar
- ☐ 2 leek trimmed sliced into chunky rings
- ☐ 400 g green beans trimmed
- ☐ 140 g broccoli cut into smaller pieces
- ☐ 200 g pea-mond dressing fresh

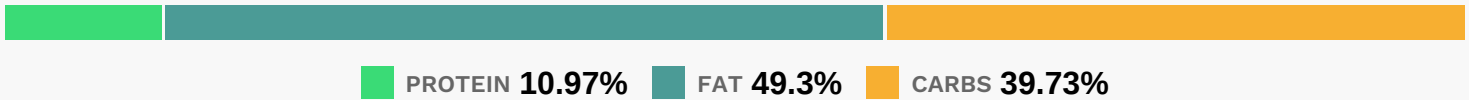
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring a large pan of water to the boil.
- ☐ Whisk the oil with the mustard, honey and vinegar in a large bowl and season.
- ☐ Put the leeks in the water, bring back to the boil, then simmer gently for 1 min.
- ☐ Add the beans and cook for 2 mins, then add the broccoli and simmer everything for 4 mins. Finally, add the peas, bring back to the boil and simmer for 1 min more.
- ☐ Drain really well, then tip into the large bowl and toss through the dressing.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:34.41, Glycemic Load:3.75, Inflammation Score:-7, Nutrition Score:10.799565356711%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 128kcal (6.4%), Fat: 7.4g (11.38%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 9.55g (3.47%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 21.35mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.41%), Vitamin K: 54.46µg (51.86%), Vitamin C: 24.48mg (29.68%), Folate: 93.82µg (23.45%), Manganese: 0.38mg (18.91%), Vitamin A: 829.13IU (16.58%), Fiber: 3.86g (15.43%), Vitamin E: 1.63mg (10.84%), Iron: 1.79mg (9.96%), Magnesium: 36.06mg (9.01%), Vitamin B6: 0.18mg (8.93%), Vitamin B1: 0.12mg (7.9%), Phosphorus: 78.18mg (7.82%), Potassium: 272.94mg (7.8%), Copper: 0.14mg (6.88%), Vitamin B2:

0.09mg (5.5%), Calcium: 46.47mg (4.65%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.35mg (3.49%), Vitamin B3: 0.7mg (3.48%), Selenium: 1.8µg (2.58%)