



Italian Christmas Veggies

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup salad dressing fat-free italian
- ☐ 2 medium zucchini cut into 1/4-inch slices
- ☐ 1 medium bell pepper red cut into 1/2-inch slices
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 cup onion sliced
- ☐ 2 tablespoons wine dry white
- ☐ 3 tablespoons parmesan shredded

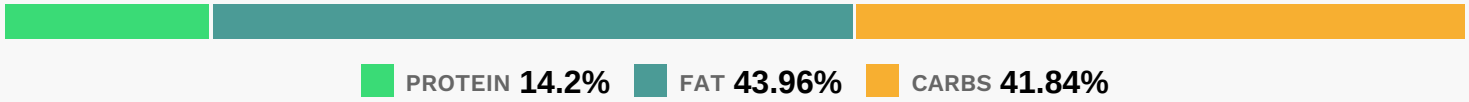
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, cook dressing, zucchini, bell pepper, mushrooms and onion over medium-high heat about 5 minutes, stirring frequently, until dressing has almost evaporated.
- ☐ Stir in wine. Cover; cook about 2 minutes or until vegetables are crisp-tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:7.8730435241824%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 75.68kcal (3.78%), Fat: 3.75g (5.77%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.39g (5.99%), Cholesterol: 1.7mg (0.57%), Sodium: 177.83mg (7.73%), Alcohol: 0.51g (100%), Alcohol %: 0.44% (100%), Protein: 2.73g (5.45%), Vitamin C: 39.44mg (47.81%), Vitamin A: 776.41IU (15.53%), Vitamin B6: 0.23mg (11.3%), Vitamin K: 11.26µg (10.73%), Manganese: 0.19mg (9.51%), Vitamin B2: 0.16mg (9.34%), Potassium: 319mg (9.11%), Folate: 32.81µg (8.2%), Phosphorus: 71.68mg (7.17%), Fiber: 1.68g (6.73%), Vitamin B3: 1.13mg (5.63%), Copper: 0.1mg (5.14%), Magnesium: 20.5mg (5.12%), Calcium: 50.2mg (5.02%), Vitamin B5: 0.48mg (4.82%), Vitamin B1: 0.07mg (4.61%), Vitamin E: 0.69mg (4.6%), Selenium: 2.6µg (3.71%), Zinc: 0.47mg (3.14%), Iron: 0.53mg (2.95%)