



Keen Green Veggie Puree

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



10 kcal

SIDE DISH

Ingredients

- 0.5 cup broccoli florets
- 0.5 cup peas
- 0.5 cup pkt spinach fresh
- 0.5 cup swiss chard chopped

Equipment

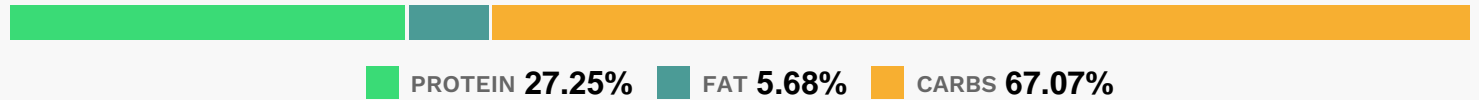
- sauce pan
- blender
- ziploc bags

kitchen towels

Directions

- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Arrange the broccoli and swiss chard on the steamer, recover, and steam for 5 to 6 minutes depending on thickness.
- Add the peas, spinach, and garlic; continue to steam until the vegetables are tender, about 5 minutes more.
- Remove the vegetables from the steamer, and reserve 1/2 cup of the hot water.
- Place the vegetables, hot water, and lemon juice into a blender. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the vegetables moving before leaving it on to puree.
- Cool before serving, or divide the puree into four equal portions and freeze in resealable plastic bags for future use.

Nutrition Facts



Properties

Glycemic Index:17.54, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:3.5765217391304%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 10.13kcal (0.51%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 8.6mg (0.37%), Protein: 0.75g (1.49%), Vitamin K: 35.78µg (34.08%), Vitamin C: 9.9mg (12%), Vitamin A: 418.19IU (8.36%), Manganese: 0.07mg (3.71%), Folate: 13.43µg (3.36%), Fiber: 0.74g (2.97%), Vitamin B1: 0.03mg (2.03%), Magnesium: 7.49mg (1.87%), Potassium: 59.08mg (1.69%), Vitamin B6: 0.03mg (1.56%), Phosphorus: 15.5mg (1.55%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.42%), Copper: 0.03mg (1.26%), Vitamin B3: 0.25mg (1.24%), Zinc: 0.15mg (1.02%)