



Lemon-Basil Vegetables and Noodles

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounces broccoli chopped
- 12 ounces cauliflower florets chopped
- 1 cup chicken broth (from 32-ounce carton)
- 2 cups soba noodles cooked (buckwheat)
- 2 tablespoons basil dried fresh chopped
- 9 ounces artichoke hearts frozen thawed
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated

- 1 cup onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon vegetable oil
- 2 cups zucchini chopped

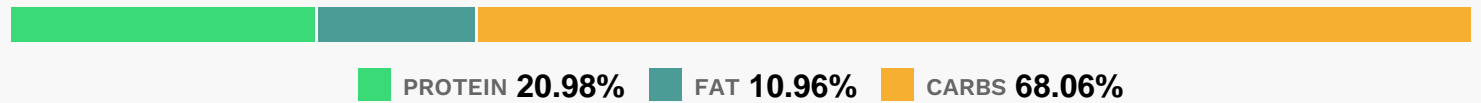
Equipment

- frying pan

Directions

- Cook broccoli, cauliflowerets, onion, lemon peel and 1/2 cup of the broth in 12-inch skillet over medium heat 7 to 10 minutes, stirring frequently, until cauliflowerets are crisp-tender.
- Stir in remaining 1/2 cup broth and ingredients. Cook about 5 minutes, stirring frequently, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:19.4400001246%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 118.48kcal (5.92%), Fat: 1.65g (2.54%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 17.36g (6.31%), Sugar: 4.54g (5.05%), Cholesterol: 0.78mg (0.26%), Sodium: 229.29mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin C: 91.91mg (111.4%), Vitamin K: 92.88µg (88.46%), Folate: 144.46µg (36.11%), Manganese: 0.72mg (35.99%), Fiber: 5.71g (22.83%), Potassium: 663.18mg (18.95%), Vitamin B6: 0.37mg (18.7%), Vitamin B2: 0.26mg (15.06%), Magnesium: 55.78mg (13.95%), Iron: 2.5mg

(13.86%), Phosphorus: 125.76mg (12.58%), Vitamin B1: 0.17mg (11.38%), Vitamin A: 513.55IU (10.27%), Vitamin B5: 1.01mg (10.13%), Calcium: 94.02mg (9.4%), Vitamin B3: 1.58mg (7.92%), Copper: 0.14mg (7.21%), Zinc: 0.87mg (5.81%), Vitamin E: 0.77mg (5.14%), Selenium: 2.27µg (3.24%)