



Lemon-Basil Vegetables and Noodles

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

- 1 teaspoon vegetable oil
- 0.3 teaspoon pepper
- 2 cups zucchini chopped
- 9 ounces artichoke hearts frozen thawed

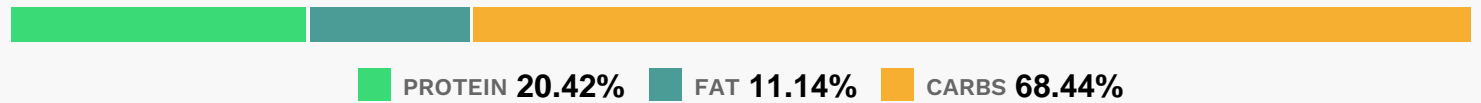
Equipment

- 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:1.77, Inflammation Score:-7, Nutrition Score:15.684782634611%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 113.37kcal (5.67%), Fat: 1.6g (2.46%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 16.75g (6.09%), Sugar: 4.66g (5.18%), Cholesterol: 0.78mg (0.26%), Sodium: 227.59mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.2%), Vitamin C: 68.66mg (83.22%), Vitamin K: 43.84µg (41.75%), Folate: 141.05µg (35.26%), Manganese: 0.69mg (34.43%), Fiber: 5.37g (21.47%), Vitamin B6: 0.38mg (18.95%), Potassium: 653.54mg (18.67%), Vitamin B2: 0.22mg (13.16%), Magnesium: 52.38mg (13.1%), Iron: 2.32mg

(12.89%), Phosphorus: 113.29mg (11.33%), Vitamin B5: 1.07mg (10.66%), Vitamin B1: 0.16mg (10.58%), Calcium: 79.84mg (7.98%), Vitamin B3: 1.51mg (7.55%), Copper: 0.14mg (6.93%), Zinc: 0.79mg (5.28%), Vitamin A: 160.31IU (3.21%), Vitamin E: 0.37mg (2.5%), Selenium: 1.19µg (1.7%)