



## Lemon Butter Seasoned Vegetables



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

### Ingredients

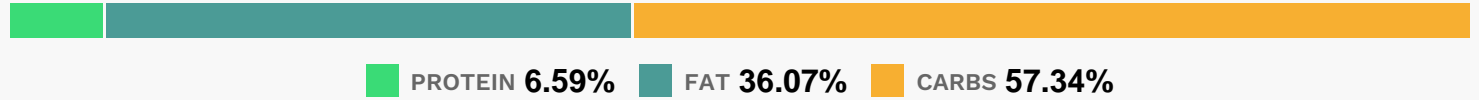
- 0.5 pound baby carrots
- 6 tablespoons butter melted
- 1 tablespoon seasoning italian
- 0.3 cup juice of lemon
- 0.5 teaspoon pepper
- 6 potatoes unpeeled chopped
- 1 teaspoon salt

### Equipment

## Directions

- Place potatoes and carrots in a steamer over boiling water, and cover. Cook until tender but still firm, about 15 minutes.
- To the melted butter add the lemon juice, salt, pepper and Italian seasoning.
- Pour over potatoes and carrots and toss.

## Nutrition Facts



## Properties

Glycemic Index:28.46, Glycemic Load:27.28, Inflammation Score:-10, Nutrition Score:17.47608685623%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 282.48kcal (14.12%), Fat: 11.66g (17.94%), Saturated Fat: 7.28g (45.5%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 35.51g (12.91%), Sugar: 3.76g (4.18%), Cholesterol: 30.1mg (10.03%), Sodium: 520.21mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin A: 5582.35IU (111.65%), Vitamin C: 46.9mg (56.85%), Vitamin B6: 0.68mg (34.12%), Potassium: 1012.94mg (28.94%), Fiber: 6.21g (24.84%), Manganese: 0.45mg (22.4%), Magnesium: 56.2mg (14.05%), Copper: 0.28mg (13.86%), Phosphorus: 137.66mg (13.77%), Vitamin K: 14.03µg (13.37%), Iron: 2.33mg (12.97%), Vitamin B3: 2.51mg (12.55%), Vitamin B1: 0.19mg (12.44%), Folate: 48.74µg (12.19%), Vitamin B5: 0.82mg (8.21%), Calcium: 55.91mg (5.59%), Vitamin B2: 0.09mg (5.46%), Zinc: 0.73mg (4.83%), Vitamin E: 0.52mg (3.43%), Selenium: 1.18µg (1.68%)