



WHATSheATE



Marinated Baby Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 4 small bay leaves
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup champagne vinegar
- ☐ 2 teaspoons coarse kosher salt
- ☐ 1 teaspoon fennel seeds
- ☐ 1 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper dried red crushed

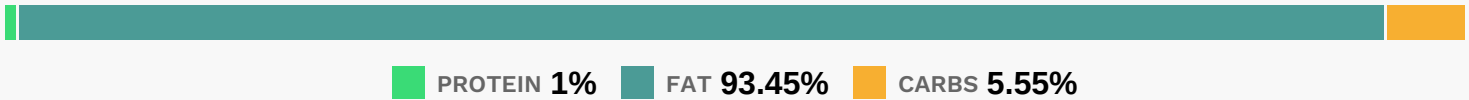
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Steam all vegetables until potatoes are tender, about 8 minutes.
- ☐ Transfer to large bowl. Meanwhile, bring remaining ingredients to boil in medium saucepan, whisking until salt dissolves.
- ☐ Pour over vegetables.
- ☐ Let marinate at least 15 minutes, tossing occasionally.
- ☐ Serve warm or at room temperature.
- ☐ One serving contains the following: Calories (kcal) 230.25; % Calories from Fat 73.9; Fat (g) 18.91; Saturated Fat (g) 2.66; Cholesterol (mg) 0; Carbohydrates (g) 13.91; Dietary Fiber (g) 3.19; Total Sugars (g) 3.79; Net Carbs (g) 10.72; Protein (g) 2.22
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:1.4817391339204%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 71.58kcal (3.58%), Fat: 7.3g (11.24%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 778.79mg (33.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin E: 1.14mg (7.58%), Vitamin K: 7.59µg (7.22%), Manganese: 0.14mg (7.07%), Iron: 0.43mg (2.38%), Fiber: 0.49g (1.96%), Calcium: 14.84mg (1.48%), Magnesium:

4.34mg (1.09%)