



Mexican Medley

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- 6 spears asparagus fresh trimmed cut into 1/2 inch pieces
- 0.3 cup kidney beans canned drained
- 1 cup bite-size cauliflower florets
- 2 stalks rib celery chopped
- 0.3 teaspoon celery seed
- 0.3 teaspoon chili powder
- 0.3 teaspoon basil dried
- 0.7 teaspoon optional: dill fresh chopped

- 0.5 teaspoon garlic minced
- 0.3 cup hazelnuts chopped
- 0.5 teaspoon salt
- 2 tablespoons sunflower seed oil

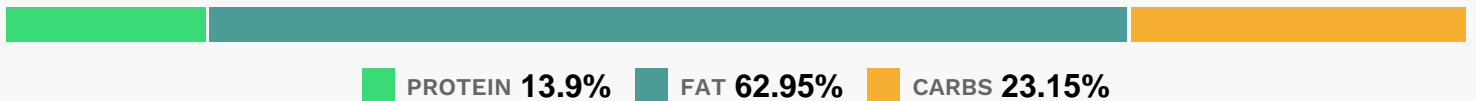
Equipment

- bowl
- blender

Directions

- Steam asparagus and cauliflower about 10 minutes.
- Remove to a bowl, and stir in celery; set aside.
- Place into a blender the kidney beans, hazelnuts, dill, basil, and garlic.
- Pour in oil, and season with chili powder, celery seed, and salt. Puree until smooth.
- Pour sauce over asparagus mixture.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.36, Inflammation Score:-5, Nutrition Score:10.522608705189%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.51mg,

Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 116.74kcal (5.84%), Fat: 8.87g (13.64%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 4.04g (1.47%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 340.33mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Manganese: 0.86mg (43.04%), Vitamin E: 3.63mg (24.17%), Vitamin C: 14.38mg (17.43%), Copper: 0.34mg (17.25%), Vitamin K: 17.28µg (16.46%), Vitamin B1: 0.2mg (13.5%), Folate: 53.68µg (13.42%), Fiber: 3.3g (13.19%), Magnesium: 45.49mg (11.37%), Vitamin B6: 0.21mg (10.68%), Phosphorus: 103.17mg (10.32%), Iron: 1.69mg (9.38%), Potassium: 271.46mg (7.76%), Selenium: 3.86µg (5.52%), Zinc: 0.81mg (5.4%), Vitamin B2: 0.09mg (5.36%), Vitamin B3: 1.06mg (5.31%), Vitamin A: 239.45IU (4.79%), Vitamin B5: 0.41mg (4.06%), Calcium: 36.09mg (3.61%)