



Mixed Garden Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 2 medium potatoes cut into 1/2-inch pieces
- ☐ 1 cup carrots sliced
- ☐ 0.5 pound green beans cut into 1-inch pieces
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup onion chopped
- ☐ 2 garlic clove finely chopped
- ☐ 4 medium tomatoes cut into wedges
- ☐ 2 cups cauliflower florets

- ☐ 0.5 cup celery stalks sliced
- ☐ 2 teaspoons salt
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups zucchini sliced
- ☐ 1 cup bell pepper green chopped

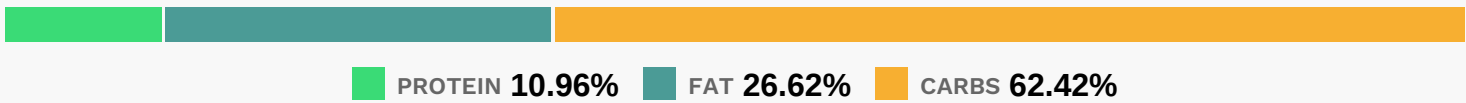
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat 1 inch water to boiling in 3-quart saucepan.
- ☐ Add potatoes, carrots and beans.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 minutes; drain.
- ☐ Heat oil in 10-inch skillet over medium heat. Cook onions and garlic in oil, stirring occasionally, until onions are crisp-tender. Stir in tomatoes, cauliflowerets, celery, salt, thyme, marjoram and pepper. Cover and cook 5 minutes.
- ☐ Heat oven to 350°F. Grease 3-quart casserole.
- ☐ Place potato mixture in casserole.
- ☐ Spread half the tomato mixture over top.
- ☐ Layer with zucchini and bell pepper. Top with remaining tomato mixture. Cover and bake 50 to 60 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:54.7, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:15.497826197873%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 122.95kcal (6.15%), Fat: 3.91g (6.02%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 15.9g (5.78%), Sugar: 6.36g (7.06%), Cholesterol: 0mg (0%), Sodium: 616.92mg (26.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 3545.22IU (70.9%), Vitamin C: 57.9mg (70.19%), Vitamin K: 35.08µg (33.41%), Vitamin B6: 0.44mg (22.25%), Potassium: 719.21mg (20.55%), Manganese: 0.41mg (20.38%), Fiber: 4.73g (18.93%), Folate: 59.84µg (14.96%), Magnesium: 42.33mg (10.58%), Vitamin B1: 0.15mg (9.89%), Phosphorus: 96.63mg (9.66%), Copper: 0.17mg (8.65%), Vitamin B3: 1.7mg (8.49%), Vitamin B2: 0.13mg (7.48%), Iron: 1.3mg (7.21%), Vitamin E: 0.99mg (6.57%), Vitamin B5: 0.61mg (6.14%), Calcium: 50.07mg (5.01%), Zinc: 0.61mg (4.07%), Selenium: 0.79µg (1.13%)