



HEALTH SCORE

100%

## Mosaic of Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

## Ingredients

- 5 ounces asparagus fresh
- 2 cups broccoli flowerets fresh
- 3 carrots sliced
- 2 cups cauliflower flowerets fresh
- 5 ounces green beans fresh
- 3 tablespoons olive oil
- 10 onions boiling
- 0.3 teaspoon pepper

- 0.5 cup pinenuts
- 0.3 teaspoon salt
- 1 tablespoon citrus champagne vinegar
- 2 zucchini sliced

## Equipment

- whisk
- peeler

## Directions

- Snap off tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- Cook asparagus and next 6 ingredients in boiling water 5 minutes; drain. Plunge into ice water to stop the cooking process; drain.
- Whisk together oil and next 3 ingredients; toss with vegetables.
- Sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:65.71, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:35.992174024167%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 15.8mg, Isorhamnetin: 15.8mg, Isorhamnetin: 15.8mg, Isorhamnetin: 15.8mg Kaempferol: 6.18mg, Kaempferol: 6.18mg, Kaempferol: 6.18mg, Kaempferol: 6.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 64.19mg, Quercetin: 64.19mg, Quercetin: 64.19mg, Quercetin: 64.19mg

## Nutrients (% of daily need)

Calories: 398.37kcal (19.92%), Fat: 23.17g (35.64%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 33.23g (12.08%), Sugar: 20.41g (22.68%), Cholesterol: 0mg (0%), Sodium: 228.98mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Vitamin A: 8636.61IU (172.73%), Vitamin C: 110.4mg (133.82%), Manganese: 2.4mg (119.97%), Vitamin K: 109.58µg (104.37%), Fiber: 11.44g (45.75%), Folate:

176.56µg (44.14%), Vitamin B6: 0.82mg (41.02%), Potassium: 1342.58mg (38.36%), Phosphorus: 313.46mg (31.35%), Magnesium: 123.91mg (30.98%), Vitamin E: 4.49mg (29.94%), Copper: 0.54mg (26.86%), Vitamin B1: 0.4mg (26.56%), Vitamin B2: 0.4mg (23.51%), Iron: 3.75mg (20.86%), Zinc: 2.57mg (17.16%), Vitamin B3: 3.09mg (15.47%), Calcium: 151mg (15.1%), Vitamin B5: 1.48mg (14.8%), Selenium: 4.17µg (5.96%)