



Potato-Breaded Baked Veggies

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup eggs fat-free
- ☐ 0.3 cup potatoes mashed
- ☐ 1 tablespoon parmesan grated reduced-fat
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 tablespoon butter melted
- ☐ 2 cups cauliflower florets fresh
- ☐ 1 medium bell pepper red cut into 2x1/2-inch pieces
- ☐ 0.3 cup ranch dressing fat-free

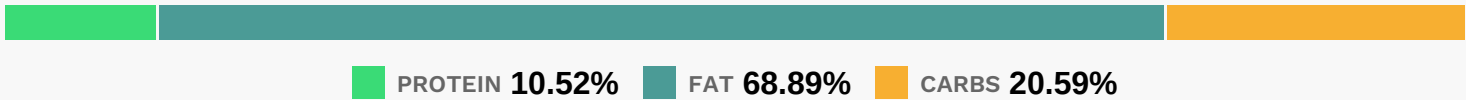
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil. Spray foil with nonstick cooking spray. Beat egg product slightly in small bowl.
- ☐ Mix potato buds, cheese, garlic powder and margarine in separate small bowl until
- ☐ crumbly. Dip vegetables into egg product; coat with potato mixture.
- ☐ Place vegetable pieces 1 inch apart on pan.
- ☐ Bake 20 to 25 minutes or until coating is golden brown and vegetables are tender.
- ☐ Serve with ranch dressing dip if desired.

Nutrition Facts



Properties

Glycemic Index:76.38, Glycemic Load:5.06, Inflammation Score:-9, Nutrition Score:19.626087064328%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 290.69kcal (14.53%), Fat: 22.86g (35.16%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 11.52g (4.19%), Sugar: 6.14g (6.82%), Cholesterol: 123mg (41%), Sodium: 451.73mg (19.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.71%), Vitamin C: 129.55mg (157.03%), Vitamin K: 59.25µg (56.43%), Vitamin A: 2304.41IU (46.09%), Folate: 104.45µg (26.11%), Vitamin B6: 0.5mg (25.01%), Phosphorus: 210.99mg (21.1%), Vitamin B2: 0.3mg (17.58%), Potassium: 604.48mg (17.27%), Selenium: 11.6µg

(16.57%), Vitamin B5: 1.65mg (16.54%), Fiber: 3.84g (15.38%), Vitamin E: 2.23mg (14.87%), Manganese: 0.29mg (14.34%), Magnesium: 34.63mg (8.66%), Iron: 1.54mg (8.53%), Calcium: 84.7mg (8.47%), Vitamin B1: 0.12mg (8.13%), Vitamin B3: 1.41mg (7.06%), Zinc: 1.04mg (6.93%), Vitamin B12: 0.38µg (6.41%), Copper: 0.11mg (5.6%), Vitamin D: 0.65µg (4.32%)