



Potato-Breaded Baked Veggies

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



296 kcal

SIDE DISH

Ingredients

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

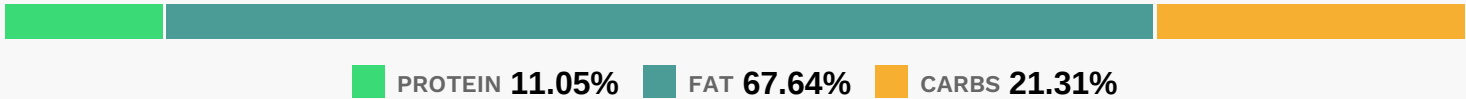
Equipment

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

Directions

- ☐ Heat oven to 40
- ☐ 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 untilcrumbly. 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:5.25, Inflammation Score:-10, Nutrition Score:22.638695675394%

Flavonoids

Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg, Kaempferol: 7.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 295.61kcal (14.78%), Fat: 22.9g (35.24%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 12.11g (4.4%), Sugar: 5.72g (6.36%), Cholesterol: 123mg (41%), Sodium: 450.77mg (19.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin C: 159.84mg (193.75%), Vitamin K: 133.51µg (127.15%), Vitamin A: 2852.65IU (57.05%), Folate: 102.89µg (25.72%), Vitamin B6: 0.47mg (23.51%),

Phosphorus: 225.07mg (22.51%), Vitamin B2: 0.34mg (20.11%), Vitamin E: 2.84mg (18.91%), Selenium: 13.2µg (18.86%), Potassium: 583.56mg (16.67%), Fiber: 4.13g (16.53%), Manganese: 0.32mg (15.83%), Vitamin B5: 1.49mg (14.91%), Calcium: 104.06mg (10.41%), Iron: 1.76mg (9.76%), Magnesium: 38.11mg (9.53%), Vitamin B1: 0.13mg (8.97%), Zinc: 1.13mg (7.54%), Vitamin B3: 1.47mg (7.33%), Vitamin B12: 0.38µg (6.41%), Copper: 0.12mg (5.81%), Vitamin D: 0.65µg (4.32%)