



Powerhouse Vegetable Medley

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets
- 3 carrots thinly sliced
- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.3 cup oscar mayer real bacon recipe pieces
- 4 cups torn spinach leaves fresh packed
- 0.5 cup lite raspberry vinaigrette dressing divided kraft

Equipment

- sauce pan

Directions

- Bring 1/4 cup dressing and carrots to boil in large saucepan; cover. Simmer on low heat 4 min.
- Stir in broccoli; simmer, covered, 4 min. or until crisp-tender.
- Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:5.7147826461688%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 31.65kcal (1.58%), Fat: 1.44g (2.22%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.88g (2.09%), Cholesterol: 5.15mg (1.72%), Sodium: 128.35mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin A: 2180.71IU (43.61%), Vitamin K: 39.56µg (37.68%), Vitamin C: 10.34mg (12.54%), Folate: 19.71µg (4.93%), Manganese: 0.09mg (4.32%), Calcium: 35.84mg (3.58%), Potassium: 95.71mg (2.73%), Phosphorus: 27.23mg (2.72%), Fiber: 0.62g (2.5%), Vitamin B2: 0.04mg (2.33%), Magnesium: 8.61mg (2.15%), Vitamin B6: 0.04mg (2.14%), Vitamin E: 0.26mg (1.75%), Iron: 0.28mg (1.56%), Zinc: 0.19mg (1.28%), Vitamin B1: 0.02mg (1.18%), Selenium: 0.78µg (1.11%)