



Sauté of Mixed Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients



1.5 cups carrots diagonally sliced



2 cups cauliflower florets



0.5 pound chayote squashes cubed peeled



0.3 cup cilantro leaves fresh chopped



2 garlic cloves finely chopped



2 cups green beans sliced (1-inch)



1 cup bell pepper green chopped



0.5 teaspoon ground cumin

- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vegetable oil

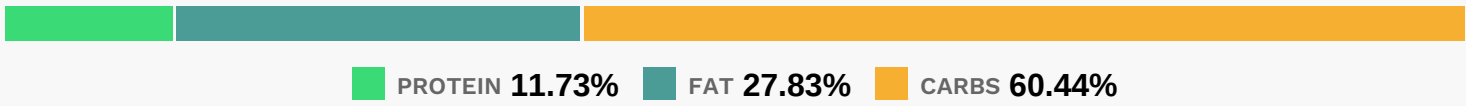
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring 3 quarts of water to a boil in a large Dutch oven.
- ☐ Add the cauliflower, and cook for 3 minutes.
- ☐ Add green beans, carrot, and chayote; cover and cook an additional 4 minutes.
- ☐ Drain and rinse under cold water; drain well, and set aside.
- ☐ Heat oil in pan over medium heat.
- ☐ Add onion, bell pepper, and garlic; cover and cook for 8 minutes or until tender, stirring occasionally.
- ☐ Add cauliflower mixture, salt, cumin, and pepper; cover and cook an additional 5 minutes or until thoroughly heated.
- ☐ Remove from heat, and stir in cilantro.
- ☐ Note: Zucchini can be substituted for chayote, if desired.

Nutrition Facts



Properties

Glycemic Index:32.6, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:11.533043524493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 58.65kcal (2.93%), Fat: 2.01g (3.1%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 6.72g (2.44%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 246.31mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin A: 4315.49IU (86.31%), Vitamin C: 35.88mg (43.49%), Vitamin K: 26.8µg (25.53%), Folate: 60.37µg (15.09%), Manganese: 0.26mg (13.13%), Fiber: 3.12g (12.47%), Vitamin B6: 0.22mg (10.81%), Potassium: 316.4mg (9.04%), Magnesium: 21.7mg (5.43%), Vitamin B1: 0.08mg (5.37%), Copper: 0.1mg (5.02%), Phosphorus: 46.67mg (4.67%), Vitamin B2: 0.08mg (4.63%), Iron: 0.78mg (4.32%), Vitamin B5: 0.42mg (4.17%), Vitamin B3: 0.83mg (4.15%), Calcium: 38.26mg (3.83%), Vitamin E: 0.56mg (3.73%), Zinc: 0.48mg (3.19%)