



WHATSheATE

Sauteed Vegetables



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 4 broccoli florets chopped
- ☐ 2 tablespoons chicken stock see
- ☐ 6 cremini mushrooms chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 bell pepper red chopped
- ☐ 2 tablespoons soya sauce

- ☐ 0.5 bell pepper yellow chopped
- ☐ 0.5 summer squash yellow chopped
- ☐ 0.5 zucchini chopped

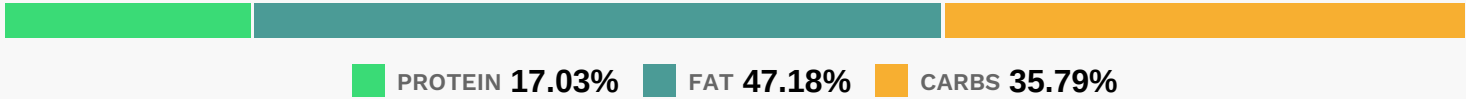
Equipment

- ☐ frying pan

Directions

- ☐ In a large saute pan over medium-high heat, add the olive oil and heat.
- ☐ Add the garlic and saute, stirring, for 1 minute.
- ☐ Add the all of the vegetables and cook until just starting to wilt, about 2 minutes.
- ☐ Add the oregano, soy sauce and chicken stock and stir well and cook just until vegetables are wilted, about 3 minutes.
- ☐ Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:11.153478465003%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 67.13kcal (3.36%), Fat: 3.88g (5.97%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 5.01g (1.82%), Sugar: 2.77g (3.08%), Cholesterol: 0.22mg (0.08%), Sodium: 522.5mg (22.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Vitamin C: 64.95mg (78.73%), Vitamin K: 17.43µg (16.6%), Vitamin B2: 0.26mg (15.07%), Vitamin A: 666.56IU (13.33%), Manganese: 0.26mg (12.8%), Vitamin B6: 0.25mg (12.42%), Selenium: 8.59µg (12.27%), Potassium: 393.36mg (11.24%), Vitamin B3: 2.21mg (11.05%), Copper: 0.22mg (10.97%), Folate: 40.74µg (10.18%), Phosphorus: 84.56mg (8.46%), Vitamin B5: 0.71mg (7.14%), Fiber: 1.62g (6.48%), Vitamin E: 0.94mg (6.23%), Magnesium: 21.92mg (5.48%), Vitamin B1: 0.08mg (5.41%), Iron: 0.86mg

(4.8%), Zinc: 0.65mg (4.34%), Calcium: 28.25mg (2.83%)