



HEALTH SCORE

100%

Spring Vegetables au Gratin

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



469 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs dry
- 1 tsp mustard dry
- 0.8 cup milk
- 1 dash pepper black
- 5 cups vegetables fresh assorted trimmed (baby carrots, green beans, pearl onions, red pepper strips and sugar snap peas)
- 1 tsp thyme leaves dried
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Heat oven to 350F.
- Combine VELVEETA, milk and seasonings in large microwaveable bowl. Microwave on HIGH 6 min., stirring after 3 min.; set aside.
- Combine vegetables in 11x7-inch baking dish sprayed with cooking spray.
- Add VELVEETA mixture; toss to coat.
- Sprinkle with bread crumbs.
- Bake 40 min. or until vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:48.650000074635%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 469.02kcal (23.45%), Fat: 9.49g (14.59%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 72.28g (24.09%), Net Carbohydrates: 57.53g (20.92%), Sugar: 30.77g (34.19%), Cholesterol: 21.96mg (7.32%), Sodium: 353.01mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.21%), Vitamin C: 295.42mg (358.09%), Vitamin K: 125.7µg (119.71%), Vitamin A: 5661.93IU (113.24%), Manganese: 1.61mg (80.46%), Vitamin B1: 1.2mg (80.15%), Iron: 12.26mg (68.14%), Folate: 247.94µg (61.98%), Fiber: 14.74g (58.97%), Phosphorus: 521.5mg (52.15%), Calcium: 510.67mg (51.07%), Vitamin B6: 0.95mg (47.51%), Vitamin B2: 0.8mg (46.99%), Vitamin B5:

4.58mg (45.77%), Magnesium: 163.89mg (40.97%), Potassium: 1346.02mg (38.46%), Selenium: 20.15µg (28.78%), Vitamin B3: 5.63mg (28.15%), Copper: 0.5mg (24.97%), Vitamin B12: 1.11µg (18.57%), Zinc: 2.73mg (18.22%), Vitamin E: 2.13mg (14.22%), Vitamin D: 2.01µg (13.42%)