



WHATSheATE



Steamed Vegetables with Chile-Lime Butter



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 small clove garlic finely chopped
- ☐ 1 teaspoon lime zest grated
- ☐ 1 teaspoon jalapeno finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 cups cauliflower florets fresh such as broccoli florets, cauliflower florets and/or sliced carrots

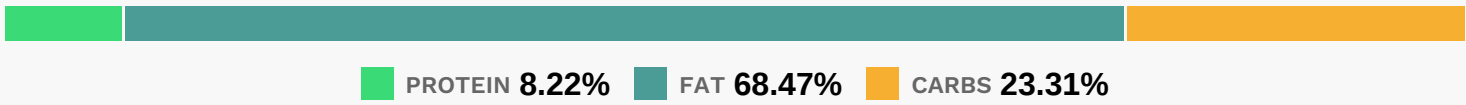
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ In 1-quart saucepan, melt butter over low heat.
- ☐ Add garlic; cook and stir about 20 seconds.
- ☐ Add lime peel, chile, salt and lime juice; mix well. Set aside.
- ☐ In 4-quart saucepan, place steamer basket.
- ☐ Add 1 cup water; heat to boiling.
- ☐ Add cut-up vegetables to basket; cover and cook 4 to 5 minutes or until crisp-tender.
- ☐ To serve, place vegetables in serving bowl.
- ☐ Add butter mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:3.836956506838%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 47.76kcal (2.39%), Fat: 3.9g (6.01%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 252.96mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin C: 26.1mg (31.64%), Vitamin K: 7.93µg (7.55%), Folate: 29.06µg (7.27%), Vitamin B6: 0.1mg (5.16%), Potassium: 158.84mg (4.54%), Manganese: 0.09mg (4.38%), Fiber: 1.05g (4.21%), Vitamin A: 177.37IU (3.55%), Vitamin B5: 0.35mg (3.47%), Phosphorus: 24.47mg (2.45%), Magnesium:

8.11mg (2.03%), Vitamin B2: 0.03mg (1.96%), Vitamin B1: 0.03mg (1.84%), Vitamin E: 0.22mg (1.47%), Calcium: 13.98mg (1.4%), Vitamin B3: 0.27mg (1.36%), Iron: 0.23mg (1.26%), Copper: 0.02mg (1.12%)