



Summer vegetable bowl

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots cut into sticks if large
- ☐ 1 turnip cut into wedges
- ☐ 1 tbsp sherry dry
- ☐ 2 tbsp soya sauce
- ☐ 1 medium zucchini cut into 1cm slices
- ☐ 4 asparagus
- ☐ 3 cupcake liners fresh sliced into four
- ☐ 25 g butter

- ☐ 2 spring onion shredded
- ☐ 100 g spicy tofu smoked cubed

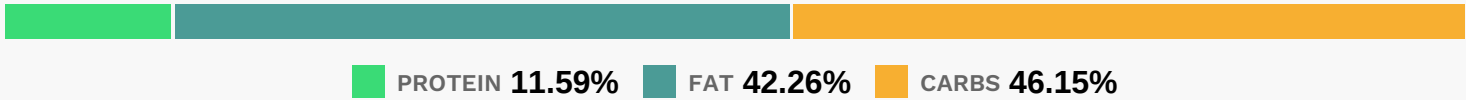
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ steamer basket

Directions

- ☐ Mix together the carrot and turnip, then marinade with the sherry and soy sauce for about 10 mins in a heatproof shallow bowl that will fit inside a steamer basket.
- ☐ Bring a pan to the boil, fit the steamer basket, place the bowl inside, cover and steam for 4-5 mins.
- ☐ Add the courgettes, asparagus and mushrooms, stirring to mix, dot with the butter, sprinkle with the spring onion, cover and continue steaming for another 3 mins.
- ☐ Add the tofu, if using, and continue steaming for 2 mins.
- ☐ Remove the bowl and mix everything together one more time.

Nutrition Facts



Properties

Glycemic Index:146.92, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:20.769565209098%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 435.33kcal (21.77%), Fat: 20.86g (32.1%), Saturated Fat: 8.9g (55.63%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 46.29g (16.83%), Sugar: 30.52g (33.91%), Cholesterol: 28.17mg (9.39%), Sodium: 1371.46mg (59.63%), Alcohol: 0.77g (100%), Alcohol %: 0.25% (100%), Protein: 12.88g (25.76%), Vitamin A: 5998.81IU (119.98%), Vitamin K: 50.65µg (48.24%), Vitamin C: 36.33mg (44.03%), Manganese: 0.59mg (29.71%), Folate: 90.99µg (22.75%), Vitamin B2: 0.37mg (21.86%), Calcium: 213.99mg (21.4%), Fiber: 4.98g (19.9%), Iron: 3.53mg (19.62%), Potassium: 675.41mg (19.3%), Vitamin B1: 0.27mg (18.17%), Vitamin B6: 0.35mg (17.34%), Phosphorus: 173.2mg (17.32%), Vitamin B3: 3.08mg (15.38%), Selenium: 10.12µg (14.46%), Magnesium: 50.83mg (12.71%), Copper: 0.25mg (12.53%), Vitamin E: 1.13mg (7.55%), Zinc: 1.08mg (7.17%), Vitamin B5: 0.71mg (7.05%), Vitamin B12: 0.07µg (1.21%)