



Sunshine Vegetable Medley

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots fresh
- ☐ 1 bunch broccoli cut into florets
- ☐ 0.5 cup butter melted 1 stick
- ☐ 8 servings garlic powder to taste
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 3 baby squash yellow sliced
- ☐ 2 zucchini sliced

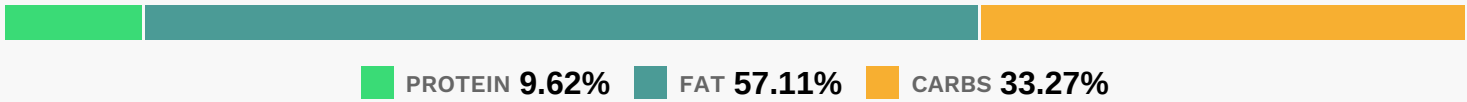
Equipment

- ☐ mixing bowl
- ☐ pot
- ☐ steamer basket

Directions

- ☐ In a large pot fitted with a steamer basket, bring water to a boil and add vegetables successively starting with carrots, about 3 minutes, then add broccoli, about 3 more minutes, then zucchini and yellow squash, about 3 to 5 more minutes or until all vegetables are fork tender.
- ☐ Transfer vegetables to a large mixing bowl and season with garlic powder and salt and pepper and toss with melted butter.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:22.180000093968%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 177.68kcal (8.88%), Fat: 12.18g (18.73%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 10.74g (3.91%), Sugar: 6.91g (7.68%), Cholesterol: 30.5mg (10.17%), Sodium: 167.74mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Vitamin A: 8892.37IU (177.85%), Vitamin C: 90.57mg (109.78%), Vitamin K: 88.33µg (84.12%), Manganese: 0.5mg (25.13%), Folate: 98.12µg (24.53%), Vitamin B6: 0.48mg (24.15%), Potassium: 735.52mg (21.01%), Fiber: 5.21g (20.86%), Vitamin B2: 0.27mg (15.82%), Phosphorus: 128.57mg (12.86%), Magnesium: 45.71mg (11.43%), Vitamin B1: 0.14mg (9.48%), Iron: 1.68mg (9.33%), Vitamin B5: 0.92mg (9.16%), Copper: 0.17mg (8.74%), Calcium: 78.95mg (7.89%), Vitamin E: 1.09mg (7.27%), Vitamin B3: 1.41mg (7.05%), Zinc: 0.88mg (5.88%), Selenium: 3.52µg (5.03%)