



Tangy Vegetable Toss

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup parsley fresh minced
- ☐ 16 ounce vegetables mixed frozen
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese shredded refrigerated
- ☐ 0.5 cup purple onion chopped
- ☐ 0.5 teaspoon pepper dried red crushed

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

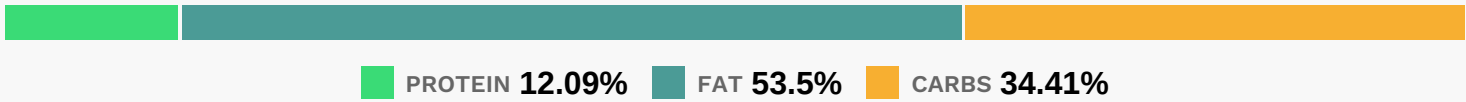
Equipment

- ☐ frying pan

Directions

- ☐ Saut onion and garlic in hot oil in a medium skillet until tender. Stir in vinegar and next 3 ingredients.
- ☐ Add mixed vegetables; cover, reduce heat, and cook 5 to 7 minutes or until tender.
- ☐ Sprinkle with parsley and Parmesan cheese.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:15.624782695071%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 204.22kcal (10.21%), Fat: 12.82g (19.72%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 13.21g (4.81%), Sugar: 0.98g (1.09%), Cholesterol: 4.25mg (1.42%), Sodium: 452mg (19.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Vitamin A: 6206.23IU (124.12%), Vitamin K: 71.41µg (68.01%), Vitamin C: 18.76mg (22.74%), Fiber: 5.33g (21.32%), Manganese: 0.37mg (18.32%), Calcium: 124.16mg (12.42%), Phosphorus: 122.34mg (12.23%), Vitamin E: 1.75mg (11.64%), Folate: 44.12µg (11.03%), Vitamin B1: 0.16mg (10.51%), Iron: 1.73mg (9.63%), Magnesium: 36.1mg (9.02%), Potassium: 314.95mg (9%), Vitamin B6: 0.17mg (8.55%), Vitamin B3: 1.57mg (7.86%), Vitamin B2: 0.13mg (7.81%), Copper: 0.13mg (6.58%), Zinc: 0.8mg (5.33%), Selenium: 2.25µg (3.22%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.08µg (1.25%)