



Three-in-one braised vegetables

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g bacon halved
- ☐ 2 large carrots sliced
- ☐ 1 chicken stock cube
- ☐ 25 g butter
- ☐ 100 g pea-mond dressing frozen

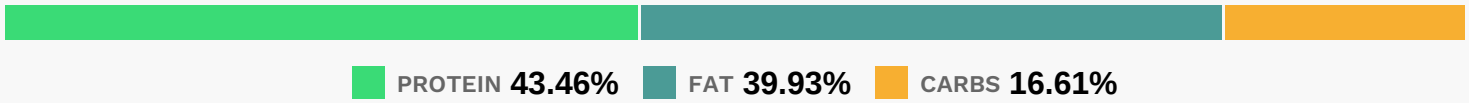
Equipment

- ☐ frying pan

Directions

- ☐ Tip the sprouts and carrots into a pan and cover with boiling water.
- ☐ Sprinkle in the stock cube, add the butter and bring to the boil.
- ☐ Simmer for 8-10 mins until the veg are tender.
- ☐ Add peas and cook a few mins more.
- ☐ Rest the veg in the stock until you want to make the gravy, then drain over the roasting tin.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:8.3169565142497%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 209.24kcal (10.46%), Fat: 9.43g (14.5%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 6.19g (2.25%), Sugar: 2.71g (3.01%), Cholesterol: 13.57mg (4.52%), Sodium: 2304.78mg (100.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.17%), Vitamin A: 6174.12IU (123.48%), Folate: 59.35µg (14.84%), Fiber: 2.63g (10.53%), Manganese: 0.17mg (8.59%), Phosphorus: 54.76mg (5.48%), Potassium: 189.29mg (5.41%), Vitamin K: 5.61µg (5.35%), Vitamin B1: 0.08mg (5.04%), Magnesium: 18.25mg (4.56%), Copper: 0.08mg (4.16%), Iron: 0.75mg (4.15%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.46mg (3.05%), Zinc: 0.42mg (2.77%), Vitamin C: 2.23mg (2.71%), Vitamin B3: 0.5mg (2.52%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.21mg (2.14%), Calcium: 21.25mg (2.13%), Selenium: 1µg (1.43%)