



Vegetable Medley II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



39 kcal

SIDE DISH

Ingredients

- 2 cups mushrooms fresh sliced
- 2 cups mushrooms fresh sliced
- 1 pinch lemon pepper
- 1 tomatoes diced
- 2 to 3 sized squashes yellow cubed
- 2 zucchini cubed

Equipment

- frying pan

Directions

- Spray a large skillet with cooking spray and add tomatoes. Cook over medium heat for 5 minutes and add garlic pepper. Stir in mushrooms, squash and zucchini. Simmer until vegetables are tender crisp, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:10.146521638269%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 39.37kcal (1.97%), Fat: 0.59g (0.9%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 4.85g (1.76%), Sugar: 4.88g (5.42%), Cholesterol: 0mg (0%), Sodium: 10.76mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin C: 26.95mg (32.67%), Vitamin B2: 0.42mg (24.43%), Potassium: 594.02mg (16.97%), Vitamin B6: 0.33mg (16.6%), Vitamin B3: 3.05mg (15.23%), Manganese: 0.29mg (14.28%), Copper: 0.28mg (14.19%), Folate: 48.58µg (12.15%), Vitamin B5: 1.21mg (12.11%), Phosphorus: 109.64mg (10.96%), Fiber: 2.26g (9.05%), Selenium: 6.21µg (8.88%), Vitamin A: 432.19IU (8.64%), Vitamin B1: 0.12mg (8.01%), Magnesium: 30.91mg (7.73%), Vitamin K: 6.42µg (6.11%), Zinc: 0.77mg (5.11%), Iron: 0.85mg (4.71%), Calcium: 24.3mg (2.43%), Vitamin E: 0.27mg (1.83%)