



Vegetables with Broccoli Lemon Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 10.5 ounce percent cream of broccoli soup fat-free canned
- ☐ 4 green onions finely chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 1 large bell pepper green red cut into 1/4-inch rings
- ☐ 12 small potatoes red cut into quarters
- ☐ 0.3 teaspoon thyme leaves dried crushed

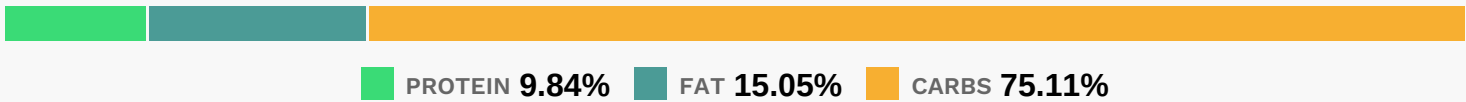
Equipment

☐ sauce pan

Directions

- ☐ Place potatoes in a saucepan and cover with water.
- ☐ Heat to a boil and then reduce heat to low for 10 minutes.
- ☐ Add pepper and broccoli. Cook for 5 minutes or until vegetables are tender. Strain. In a separate saucepan, mix soup, mayonnaise, onions, lemon juice, and thyme.
- ☐ Heat through.
- ☐ Serve over vegetables.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:17.706521676934%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 248kcal (12.4%), Fat: 4.3g (6.62%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 42.69g (15.52%), Sugar: 5.48g (6.09%), Cholesterol: 4.1mg (1.37%), Sodium: 395.9mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Vitamin C: 60.66mg (73.53%), Vitamin K: 52.46µg (49.97%), Potassium: 1331.78mg (38.05%), Manganese: 0.56mg (27.79%), Vitamin B6: 0.54mg (26.77%), Copper: 0.45mg (22.45%), Fiber: 5.59g (22.38%), Phosphorus: 192.97mg (19.3%), Folate: 67.83µg (16.96%), Vitamin B3: 3.37mg (16.85%), Vitamin B1: 0.25mg (16.65%), Magnesium: 64.99mg (16.25%), Iron: 2.36mg (13.11%), Vitamin B5: 1.14mg (11.38%), Zinc: 1.18mg (7.88%), Vitamin B2: 0.13mg (7.5%), Vitamin A: 333.44IU (6.67%), Calcium: 49.72mg (4.97%), Vitamin E: 0.65mg (4.32%), Selenium: 2.95µg (4.22%)