



Veggies with Creamy Chive and Onion Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- 2 cups broccoli florets
- 0.5 lb carrots sliced
- 4 cups cauliflower florets
- 8 oz philadelphia chive & onion cream cheese spread
- 2 green onions thinly sliced
- 0.3 cup milk
- 2 tsp oil

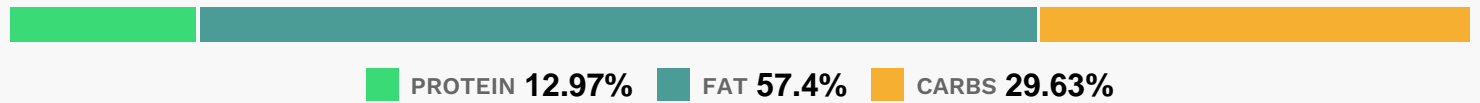
Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Bring carrots and cauliflower to boil in 1 inch water in Dutch oven or large deep skillet; cover. Cook 2 min.
- Add broccoli; cook, covered, 3 to 5 min. or until vegetables are crisp-tender.
- Meanwhile, heat oil in small saucepan on medium-high heat.
- Add onions; cook and stir 1 min.
- Add cream cheese spread and milk; cook and stir 2 to 3 min. or until cream cheese is melted, stirring frequently.
- Drain vegetables; place in serving dish. Top with cream cheese sauce.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:12.948695672595%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 119.17kcal (5.96%), Fat: 7.89g (12.14%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.12g (4.58%), Cholesterol: 18.8mg (6.27%), Sodium: 177.95mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin A: 5193.5IU (103.87%), Vitamin C: 46.63mg (56.52%), Vitamin K: 41.74µg (39.75%), Folate: 50.14µg (12.53%), Fiber: 2.46g (9.85%), Potassium: 335.64mg (9.59%), Vitamin B6: 0.18mg (8.95%), Manganese: 0.17mg (8.55%), Calcium: 79.73mg (7.97%), Phosphorus: 58.32mg (5.83%), Vitamin B5: 0.58mg (5.81%), Vitamin B2: 0.09mg (5.26%), Vitamin B1: 0.07mg (4.48%), Magnesium: 17.5mg (4.37%), Vitamin E: 0.62mg (4.15%), Vitamin B3: 0.7mg (3.52%), Iron: 0.51mg (2.81%), Zinc: 0.35mg (2.33%), Copper: 0.05mg (2.3%), Selenium: 1.11µg (1.58%)