



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
- ☐ 4 carrots sliced
- ☐ 4 cups cauliflower florets
- ☐ 8 ounce approx cream cheese spread
- ☐ 2 spring onion thinly sliced
- ☐ 0.3 cup milk
- ☐ 2 teaspoons cooking oil

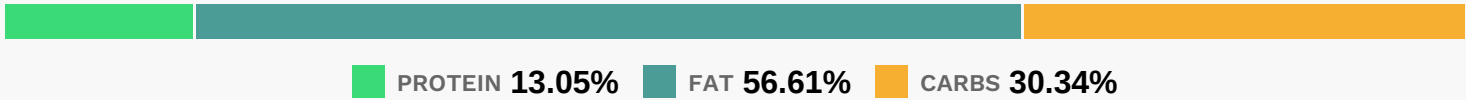
Equipment

- ☐ 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 2-3 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:1.96, Inflammation Score:-10, Nutrition Score:13.028695523739%

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: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 118.95kcal (5.95%), Fat: 7.77g (11.96%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 6.85g (2.49%), Sugar: 4.23g (4.69%), Cholesterol: 18.8mg (6.27%), Sodium: 179.44mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin A: 5552.76IU (111.06%), Vitamin C: 46.76mg (56.67%), Vitamin K: 41.93µg (39.94%), Folate: 50.55µg (12.64%), Fiber: 2.52g (10.09%), Potassium: 342.52mg (9.79%), Vitamin B6: 0.18mg (9.1%), Manganese: 0.17mg (8.7%), Calcium: 80.44mg (8.04%), Phosphorus: 59.07mg (5.91%), Vitamin B5: 0.59mg (5.87%), Vitamin B2: 0.09mg (5.34%), Vitamin B1: 0.07mg (4.58%), Magnesium: 17.76mg (4.44%), Vitamin E: 0.62mg (4.1%), Vitamin B3: 0.73mg (3.63%), Iron: 0.51mg (2.84%), Zinc: 0.35mg (2.37%), Copper: 0.05mg (2.35%), Selenium: 1.11µg (1.59%)