



Healthdor

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Reduced Fat Vegy ♦♦

A delicious vegetarian recipe with reduced fat content. Perfect for a healthy and nutritious meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	broccoli
150 g	Carrots
100 g	Bell peppers
20 g	olive oil
2 cloves	garlic
1 teaspoon	salt

0.5 black pepper
teaspoon

Directions

Step 1

Cut

Wash and chop the broccoli, carrots, and bell peppers.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a pan and sauté garlic until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stir-frying

Add the chopped vegetables to the pan and season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas

Cuisines

Italian Thai

Nutritional Content

Low Fat High Fiber Low Sodium Sugar-Free High Calcium

Kitchen Tools

Blender

Course

Appetizers Salads Snacks Sauces & Dressings

Demographics

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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