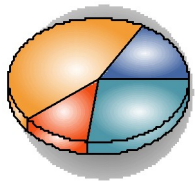


Broccoli and Mushroom in Herb Sauce

Recipe grams: 669.43g/23.6oz

Serves 1 669.43g/23.6oz per serving



Protein: 17%
Carbohydrates: 44%
Fat: 12%
Alcohol: 27%



INGREDIENTS

3 cup Broccoli, Chopped, Raw
1 large Onion, Raw
3 clove Garlic, Minced
1 tsp Cashew Butter - Can Also Use Peanut Or Almond Butter
4 fl oz Wine, White Table, 1 Serving
1 piece Mushroom, Portabella, Sliced (piece Means 1 Mushroom)
1/4 cup Carrot, Raw, Sliced

DIRECTIONS

1. Slice the portobello mushroom, you can also use 1 cup of sliced regular white mushrooms.
 2. Saute the garlic and onions in 1/2 cup water, wine or vegetable stock
 3. Add the mushrooms and continue sauteeing, add more water or stock if necessary
 4. Add the remaining ingredients to the pot and form a sauce
 5. Add the broccoli and cauliflower, cover and steam for 5 minutes
- Add salt and pepper to taste
6. Serve over Brown rice or Quinoa and enjoy

This recipe serves 1, multiply by the number of people to be served.

NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	325		Vit-B6 Pyridoxine (mg)	1	50%
Protein (g)	13	26%	Choline, total (mg)	91	
Carbohydrates (g)	46	15%	Total Folate (mcg)	235	59%
Dietary Fiber (g)	12	48%	Vit-C (mg)	259	432%
Fat (g)	4	6%	Vit-D (IU)	375	94%
Saturated Fat (g)	1	4%	Vit-E (IU)	4	12%
Omega-3 (g)	0		Calcium (mg)	205	20%
Omega-6 (g)	0*		Magnesium (mg)	112	28%
Cholesterol (mg)	0	0%	Potassium (mg)	1634	
Vit-A IU	6800	136%	Sodium (mg)	154	6%
Vit-B1 Thiamine (mg)	0	25%	Iodine (mcg)	0*	0%
Vit-B2 Riboflavin (mg)	1	31%	Iron (mg)	3	19%
Vit-B3 Niacin (mg)	6	31%	Zinc (mg)	2	16%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.