

Vegetable Medley Saute'

Country Crock Margarine

2 tablespoons Country Crock Spread
1 1/2 cups sliced carrots
1 large red bell pepper, sliced
1 cup broccoli florets
1 clove garlic, finely chopped
2 teaspoons chopped fresh parsley
(optional)
1/4 teaspoon salt
1/2 teaspoon ground black pepper

Melt the margarine in a twelve-inch nonstick skillet over medium-high heat. Cook the carrots, red pepper and broccoli, stirring occasionally, for 6 minutes or until crisp-tender.

Stir in the garlic and cook for 30 seconds.

Stir in the parsley and heat through.

Season with salt and black pepper.

Per Serving (excluding unknown items): 139 Calories; 1g Fat (4.6% calories from fat); 5g Protein; 32g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 620mg Sodium. Exchanges: 0 Grain(Starch); 6 Vegetable; 0 Fat.

Side Dish

Per Serving Nutritional Analysis

Calories (kcal):	139
% Calories from Fat:	4.6%
% Calories from Carbohydrates:	81.6%
% Calories from Protein:	13.8%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	32g
Dietary Fiber (g):	10g
Protein (g):	5g
Sodium (mg):	620mg
Potassium (mg):	1066mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	104mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	6
Fruit:	0

Calcium (mg): 109mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 313mg
Vitamin A (i.u.): 60461IU
Vitamin A (r.e.): 6044 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 139 **Calories from Fat:** 6

% Daily Values*

Total Fat 1g 1%
 Saturated Fat trace 0%
Cholesterol 0mg 0%
Sodium 620mg 26%
Total Carbohydrates 32g 11%
 Dietary Fiber 10g 42%
Protein 5g

Vitamin A 1209%
Vitamin C 521%
Calcium 11%
Iron 13%

* Percent Daily Values are based on a 2000 calorie diet.