

Saladmaster Vegetable Medley



Sirve:

6 servings

Pieza:

Saladmaster Food Processor
11" Large Skillet with Cover

Valora: ★★☆☆☆

[Agregar un Comentario](#)

12 ounces

frozen corn

(340

g)

12 ounces

frozen peas

(340

g)

¼ head

green cabbage, shredded, use Cone #3

Preparación :

1. Place corn, peas, cabbage and carrots, divided into four sections (one for each vegetable), in skillet.
2. Place skillet on cooking surface and turn temperature to medium heat. When Vapo-Valve™ clicks, turn heat down to low and cook for an additional 10 minutes.

[Información nutricional por ración](#)

Calorías: 109

Grasa Total: 0g

Grasa 0g

Saturada:

Colesterol: 0mg

Sodio: 91mg

Carbohidratos: 23g

Fibra 5g

Dietética:

Azúcar: 7g

Proteína: 5g