



# Amaranth and Roast Veggie Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup amaranth grain
- 2 servings basil oil
- 2 servings bell pepper
- 2 servings bell pepper
- 0.5 packet pumpkin diced
- 1 onion red
- 9 servings arugula
- 2 servings salt

0.5 tomatoes (basket)

## Equipment

oven

baking pan

## Directions

Cook the amaranth with about a cup of water until it reaches a sticky consistency

Cut the onion roughly into chunks

Add the onion and diced pumpkin to a tinfoil lined baking tray

Drizzled over the olive oil and sprinkle with the herbal salt and pepper

Put into a hot oven and roast until the edges of the pumpkin go crispy

Just before the veggies are done, throw in the baby tomatoes

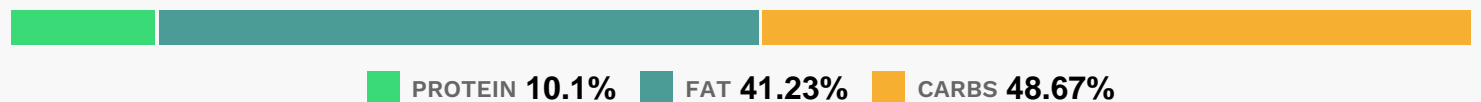
Coat the veggies in the cooked amaranth

Tear a few rocket leaves

Toss together and there you have it, an unusual roast veggie salad!

Serve warm

## Nutrition Facts



## Properties

Glycemic Index:134, Glycemic Load:13.52, Inflammation Score:-10, Nutrition Score:33.360869565217%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 4.69mg, Isorhamnetin: 4.69mg, Isorhamnetin: 4.69mg, Isorhamnetin: 4.69mg Kaempferol: 16.12mg, Kaempferol: 16.12mg, Kaempferol: 16.12mg, Kaempferol: 16.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg, Quercetin: 15.25mg

## Taste

Sweetness: 76.06%, Saltiness: 13.39%, Sourness: 33.56%, Bitterness: 8.53%, Savoriness: 7.82%, Fattiness: 100%, Spiciness: 100%

## **Nutrients (% of daily need)**

Calories: 380.36kcal (19.02%), Fat: 18.25g (28.07%), Saturated Fat: 2.79g (17.47%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 40.07g (14.57%), Sugar: 11.14g (12.38%), Cholesterol: 0mg (0%), Sodium: 217.85mg (9.47%), Protein: 10.06g (20.11%), Vitamin C: 207.8mg (251.88%), Vitamin A: 6012.54IU (120.25%), Manganese: 2.03mg (101.32%), Vitamin K: 67.43µg (64.22%), Vitamin B6: 0.84mg (42.12%), Magnesium: 167.61mg (41.9%), Folate: 166.86µg (41.71%), Vitamin E: 5.32mg (35.45%), Phosphorus: 354.33mg (35.43%), Fiber: 8.39g (33.55%), Iron: 5.25mg (29.17%), Potassium: 879.76mg (25.14%), Copper: 0.35mg (17.65%), Calcium: 175.19mg (17.52%), Vitamin B2: 0.28mg (16.64%), Vitamin B5: 1.47mg (14.68%), Zinc: 2.12mg (14.11%), Selenium: 9.58µg (13.69%), Vitamin B1: 0.19mg (12.87%), Vitamin B3: 2.29mg (11.45%)