



Balsamic Mixed Vegetable Roast



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 4 sprigs garnish: basil fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 medium eggplants unpeeled
- ☐ 6 large heads endive cored halved quartered
- ☐ 1 cup olive oil extra-virgin
- ☐ 2 medium bell peppers red cored seeded cut into 3/4-inch squares
- ☐ 3 large onions red sliced into 1/4-inch rounds

- ☐ 2 teaspoons salt divided
- ☐ 2 medium bell peppers yellow cored seeded cut into 3/4-inch squares
- ☐ 1.5 pounds zucchini dried washed

Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Place a layer of paper towels over a baking sheet. Arrange the eggplant in single layers and sprinkle with 1 teaspoon of salt.
- ☐ Let stand for 30 minutes. Pat dry.
- ☐ Preheat the oven to 450°F.
- ☐ Whisk together the olive oil, vinegar, remaining salt, and pepper, and set aside.
- ☐ Divide the eggplant, zucchini, red onions, peppers, and endive between 2 large baking pans with sides. Gently toss the vegetables with 3/4 of the blended oil and vinegar.
- ☐ Place 1 baking sheet on the bottom oven rack and the second on the middle rack. Roast the vegetables for 15 to 20 minutes, turning them once and rotating the pans between the shelves after 10 minutes. The vegetables should be crisp to the bite when they are done.
- ☐ Arrange the vegetables in colorful bunches on round or oval platters, mixing together the different types of vegetables.
- ☐ Sprinkle the vegetables with salt and pepper, and drizzle them with the remaining olive oil/balsamic vinegar dressing.
- ☐ Serve at room temperature.
- ☐ Recipe adapted from Invitation to Dinner by Abigail Kirsch, ©1998, Doubleday.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:11.177826262039%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 88.74kcal (4.44%), Fat: 4.06g (6.24%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 8.6g (3.13%), Sugar: 7.17g (7.97%), Cholesterol: 0mg (0%), Sodium: 397.79mg (17.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin C: 75.8mg (91.87%), Manganese: 0.39mg (19.45%), Vitamin A: 838.61IU (16.77%), Fiber: 3.97g (15.87%), Vitamin B6: 0.28mg (14.1%), Potassium: 459.53mg (13.13%), Folate: 51.08µg (12.77%), Vitamin K: 12.42µg (11.83%), Vitamin E: 1.14mg (7.62%), Magnesium: 29.91mg (7.48%), Copper: 0.13mg (6.68%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 59.75mg (5.97%), Vitamin B3: 1.16mg (5.81%), Vitamin B1: 0.08mg (5.66%), Vitamin B5: 0.47mg (4.67%), Iron: 0.73mg (4.04%), Zinc: 0.45mg (3%), Calcium: 29.83mg (2.98%)