



HEALTH SCORE

66%

Bill's Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound baby carrots
- ☐ 1.5 pounds baking potatoes quartered
- ☐ 3 medium beets peeled halved
- ☐ 2 teaspoons basil dried
- ☐ 0.5 pound green beans fresh trimmed
- ☐ 2 garlic bulbs
- ☐ 0.5 pound mushrooms halved
- ☐ 0.3 cup olive oil

- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1 large onion sweet quartered

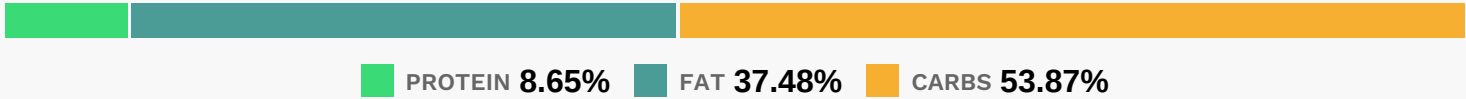
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Separate garlic bulbs into cloves, and peel cloves.
- ☐ Toss together garlic and next 9 ingredients; place on a lightly greased 15- x 10-inch jellyroll pan.
- ☐ Bake at 450 for 15 minutes. Stir in green beans.
- ☐ Bake 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:20.91, Inflammation Score:-10, Nutrition Score:22.064782598744%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 287.16kcal (14.36%), Fat: 12.59g (19.37%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 33.44g (12.16%), Sugar: 13.04g (14.49%), Cholesterol: 0mg (0%), Sodium: 304.64mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin A: 5516.99IU (110.34%), Folate: 152.96µg (38.24%), Vitamin K: 39.28µg (37.41%), Manganese: 0.74mg (36.96%), Vitamin B6: 0.68mg (33.8%), Potassium: 1125.65mg (32.16%), Fiber: 7.28g (29.1%), Vitamin C: 19.99mg (24.24%), Copper: 0.41mg (20.49%), Iron: 3.34mg

(18.58%), Magnesium: 71.65mg (17.91%), Vitamin B2: 0.3mg (17.41%), Phosphorus: 172.15mg (17.21%), Vitamin B3: 3.44mg (17.19%), Vitamin B1: 0.22mg (14.56%), Vitamin E: 2.1mg (14.01%), Vitamin B5: 1.34mg (13.45%), Calcium: 86.75mg (8.68%), Selenium: 5.59µg (7.98%), Zinc: 1.1mg (7.36%)