



HEALTH SCORE

100%

## Easy Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

### Ingredients

- 0.5 butternut squash
- 3 beets
- 6 potatoes
- 1 tbsp olive oil
- 2 tbsp paprika
- 2 tbsp basil dried
- 4 servings salt and pepper

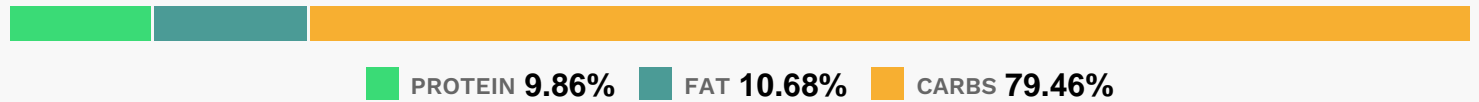
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 200 degrees Celsius (fan: 180 degrees Celsius)
- Peel and cut the vegetables into bite size pieces (the potatoes dont necessarily need to be peeled).
- Mix the olive oil, paprika, dried basil, salt and pepper in a large bowl before adding the vegetables.
- Mix everything together well.
- Place the vegetables on a large baking tray/baking dish. Make sure they are spread out evenly. Aim for single layer.
- Cook the vegetables in the oven for about 30 minutes. They should be tender but still have a slight bite to them.

## Nutrition Facts



## Properties

Glycemic Index:40.69, Glycemic Load:43.62, Inflammation Score:-10, Nutrition Score:33.276956521739%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## Nutrients (% of daily need)

Calories: 360.42kcal (18.02%), Fat: 4.52g (6.95%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 75.57g (25.19%), Net Carbohydrates: 62.9g (22.87%), Sugar: 9.1g (10.11%), Cholesterol: 0mg (0%), Sodium: 268.77mg (11.69%), Protein: 9.38g (18.76%), Vitamin A: 11683.69IU (233.67%), Vitamin C: 85.69mg (103.87%), Vitamin B6: 1.23mg (61.55%), Manganese: 1.16mg (57.78%), Potassium: 2011.74mg (57.48%), Fiber: 12.66g (50.64%), Vitamin K: 50.64µg (48.23%), Folate: 152.11µg (38.03%), Iron: 6.4mg (35.56%), Magnesium: 141.56mg (35.39%), Copper: 0.53mg (26.52%), Vitamin B3: 5.15mg (25.75%), Phosphorus: 254.49mg (25.45%), Vitamin B1: 0.38mg (25.43%), Vitamin E:

3.14mg (20.94%), Vitamin B5: 1.52mg (15.2%), Calcium: 151.52mg (15.15%), Vitamin B2: 0.21mg (12.61%), Zinc: 1.59mg (10.6%), Selenium: 2.14µg (3.06%)