



HEALTH SCORE

85%

## Farmers' Market Roasted Vegetable Salad-Stuffed Avocados



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



930 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings arugula mixed
- ☐ 2 avocados ripe
- ☐ 4 medium carrots cut into 1/2-inch rounds and rounds cut in 1/2
- ☐ 1.5 tablespoons chives chopped
- ☐ 4 servings coarse salt and pepper black freshly ground
- ☐ 1 tablespoon optional: dill chopped
- ☐ 1 ear corn fresh

- ☐ 1.5 tablespoons parsley leaves fresh chopped
- ☐ 1 lemon zest juiced
- ☐ 3 tablespoons olive oil divided
- ☐ 1 medium bell pepper red cut into 1/2-inch dice
- ☐ 1 medium baby squash yellow cut into 1/2-inch pieces
- ☐ 1 medium zucchini cut into 1/2-inch dice

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

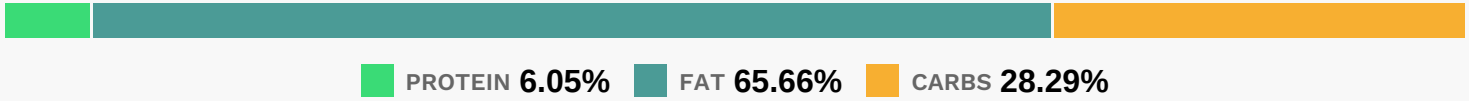
## Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ In a large bowl, combine the carrots, zucchini, squash, and red pepper. Toss with 2 tablespoons olive oil, salt and pepper.
- ☐ Mix well.
- ☐ Spread in 1 layer on a foil lined baking sheet and roast for 15 minutes, stirring occasionally. When done, set aside to cool.
- ☐ Remove the corn kernels by standing the cob on a plate or in a wide shallow bowl. Set the blade of a small, sharp knife at the juncture of the kernels and cob. Slice downward to remove the kernels. Repeat this procedure, working your way around the cob, until all the kernels are removed. Set aside.
- ☐ Cut the avocado in half lengthwise and remove pit, leaving the skin on.
- ☐ Sprinkle with 1 tablespoon of lemon juice to prevent avocados from discoloring.
- ☐ In a large bowl, mix roasted vegetables, corn, remaining lemon juice, the remaining 1 tablespoon olive oil, and fresh herbs. Taste and reseason with salt and pepper, if needed.

- ☐
- Place each avocado half on a small bed of mixed greens or arugula, if using. Top each avocado half with a generous serving of the roasted vegetable salad.

☐

## Nutrition Facts



### Properties

Glycemic Index:72.46, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:27.079130504442%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

### Nutrients (% of daily need)

Calories: 330.16kcal (16.51%), Fat: 26.11g (40.18%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 14.52g (5.28%), Sugar: 8.61g (9.57%), Cholesterol: 0mg (0%), Sodium: 70.24mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin A: 12145.68IU (242.91%), Vitamin C: 84.31mg (102.19%), Vitamin K: 67.74µg (64.51%), Fiber: 10.81g (43.24%), Folate: 160.72µg (40.18%), Vitamin B6: 0.67mg (33.73%), Potassium: 1147.43mg (32.78%), Vitamin E: 4.62mg (30.78%), Manganese: 0.55mg (27.59%), Vitamin B5: 2.06mg (20.58%), Vitamin B2: 0.34mg (20.22%), Vitamin B3: 3.75mg (18.77%), Magnesium: 71.58mg (17.9%), Copper: 0.31mg (15.67%), Phosphorus: 156.14mg (15.61%), Vitamin B1: 0.22mg (14.62%), Iron: 1.78mg (9.91%), Zinc: 1.38mg (9.19%), Calcium: 60.98mg (6.1%), Selenium: 1.01µg (1.44%)