



Farmers' Market Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 1 medium eggplant cut into 1-inch pieces
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 fennel bulb cut into 1/4-inch slices
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 large bell peppers red cut into 1-inch pieces

☐ 1 tablespoon balsamic vinegar white

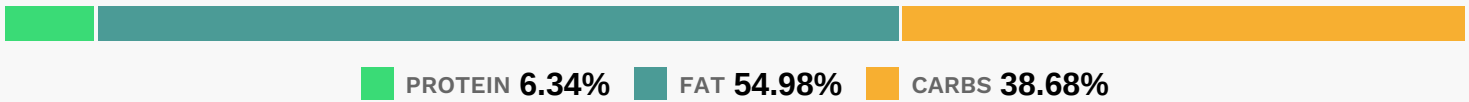
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Toss together first 7 ingredients in a bowl until coated.
- ☐ Spread eggplant mixture in a single layer in a 15- x 10-inch jelly-roll pan.
- ☐ Bake 45 to 50 minutes or until vegetables are tender and slightly charred, stirring halfway through.
- ☐ Let cool slightly (about 10 minutes). Toss with basil and vinegar.
- ☐ Serve immediately. Store in an airtight container in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:5.3495652753374%

Flavonoids

Delphinidin: 26.16mg, Delphinidin: 26.16mg, Delphinidin: 26.16mg, Delphinidin: 26.16mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 44.97kcal (2.25%), Fat: 2.96g (4.55%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.78g (3.08%), Cholesterol: 0mg (0%), Sodium: 165.06mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 30.77mg (37.29%), Vitamin A: 727.06IU (14.54%), Vitamin K: 14.85µg (14.14%), Fiber: 1.89g (7.57%), Manganese: 0.15mg (7.43%), Vitamin E: 0.93mg (6.23%),

Potassium: 185.98mg (5.31%), Folate: 21.2µg (5.3%), Vitamin B6: 0.1mg (5.23%), Vitamin B3: 0.52mg (2.6%),
Magnesium: 10.12mg (2.53%), Phosphorus: 22.19mg (2.22%), Copper: 0.04mg (2.14%), Vitamin B2: 0.04mg (2.11%),
Vitamin B5: 0.2mg (1.96%), Iron: 0.33mg (1.82%), Vitamin B1: 0.03mg (1.78%), Calcium: 14.19mg (1.42%)