



HEALTH SCORE

80%

Firecracker Vegetable Roast



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 1 cup bell pepper strips yellow
- ☐ 2 cups broccoli florets
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 cups cauliflower florets
- ☐ 6 cups rice hot cooked
- ☐ 1 teaspoon curry powder
- ☐ 1.5 cups fennel bulb thinly sliced (1 small bulb)

- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 3 garlic cloves halved
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 jalapeno halved
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 medium tomatoes cut into 12 wedges

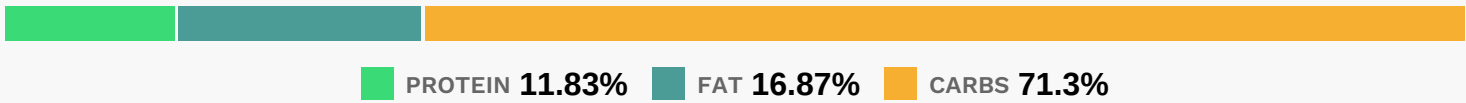
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place first 9 ingredients in a food processor; process until smooth.
- ☐ Combine basil mixture, cauliflower, and next 5 ingredients (cauliflower through onion), tossing well to coat. Arrange vegetable mixture on a jelly roll pan coated with cooking spray.
- ☐ Bake at 450 for 15 minutes or until lightly browned.
- ☐ Add tomato and chickpeas; bake an additional 5 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:82.89, Glycemic Load:52.91, Inflammation Score:-9, Nutrition Score:25.251739419025%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 372.64kcal (18.63%), Fat: 7.11g (10.94%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 59.6g (21.67%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 531.28mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.43%), Vitamin C: 132.54mg (160.66%), Manganese: 1.75mg (87.72%), Vitamin K: 74.98µg (71.41%), Vitamin B6: 0.83mg (41.45%), Fiber: 8.01g (32.04%), Vitamin A: 1552.5IU (31.05%), Folate: 101.06µg (25.27%), Selenium: 14.98µg (21.4%), Phosphorus: 209.75mg (20.98%), Potassium: 691.98mg (19.77%), Magnesium: 73.06mg (18.26%), Copper: 0.35mg (17.5%), Vitamin B5: 1.5mg (14.96%), Iron: 2.61mg (14.49%), Vitamin E: 1.89mg (12.63%), Zinc: 1.84mg (12.27%), Calcium: 108.85mg (10.88%), Vitamin B3: 2.01mg (10.06%), Vitamin B1: 0.14mg (9.66%), Vitamin B2: 0.15mg (8.99%)