



Harvest Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



16 kcal

SIDE DISH

Ingredients

- ☐ 1 serving olive oil cooking spray
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 1 medium onion cut into 1/4-inch wedges
- ☐ 1 medium tomatoes cut into 1/4-inch wedges
- ☐ 1 medium zucchini cut into 1-inch pieces
- ☐ 0.5 teaspoon salt
- ☐ 1 serving lemon pepper salt-free

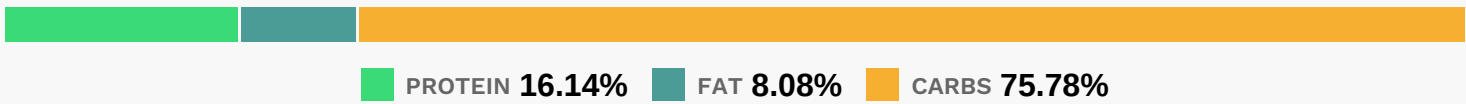
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Set oven control to broil. Cover 15x10x1-inch pan with foil; spray with cooking spray.
- ☐ Place vegetables in single layer in pan. Spray vegetables with cooking spray.
- ☐ Sprinkle with 1/4 teaspoon of the salt.
- ☐ Broil with tops 4 inches from heat about 12 minutes, stirring occasionally, until vegetables are tender.
- ☐ Sprinkle with remaining 1/4 teaspoon salt and lemon-pepper.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:3.0282608886128%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 15.54kcal (0.78%), Fat: 0.16g (0.24%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.96g (2.17%), Cholesterol: 0mg (0%), Sodium: 149.08mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin C: 19.47mg (23.6%), Vitamin B6: 0.1mg (5.1%), Manganese: 0.1mg (4.94%), Vitamin A: 232.45IU (4.65%), Potassium: 146.69mg (4.19%), Fiber: 0.92g (3.68%), Vitamin K: 3.44µg (3.28%), Folate: 12.29µg (3.07%), Magnesium: 8.99mg (2.25%), Vitamin B1: 0.03mg (2.1%), Phosphorus: 19.98mg (2%), Vitamin B2: 0.03mg (1.99%), Copper: 0.04mg (1.88%), Vitamin B3: 0.29mg (1.45%), Iron: 0.21mg (1.19%), Vitamin E: 0.17mg (1.14%), Calcium: 10.25mg (1.03%)