



Herb-Roasted Mediterranean Vegetables

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- 2 tsp rosemary leaves dried
- 2 cloves garlic minced
- 0.3 cup olive oil
- 0.5 cup polly-o parmesan cheese shredded
- 1 tsp salt
- 8 cups cut-up vegetables assorted cubed halved (eggplant and zucchini; carrots; onion and bell pepper wedges)

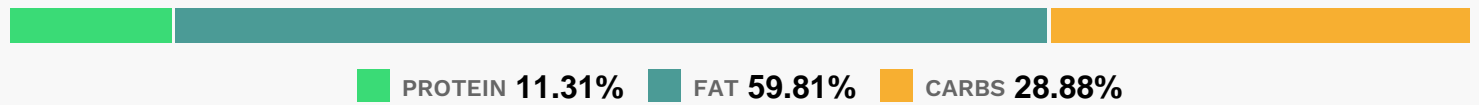
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375F. Toss vegetables with oil, garlic, rosemary and salt.
- Place in 15x10x1-inch baking pan.
- Bake 40 minutes or until vegetables are crisp-tender, stirring occasionally.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:15.787826178514%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 125.02kcal (6.25%), Fat: 8.86g (13.63%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 6.35g (2.31%), Sugar: 6.32g (7.02%), Cholesterol: 4.25mg (1.42%), Sodium: 397.18mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin C: 191.14mg (231.68%), Vitamin A: 4723.45IU (94.47%), Vitamin B6: 0.45mg (22.69%), Vitamin E: 3.34mg (22.27%), Folate: 69.92µg (17.48%), Fiber: 3.27g (13.09%), Vitamin K: 11.48µg (10.94%), Manganese: 0.19mg (9.35%), Potassium: 326.14mg (9.32%), Calcium: 89.88mg (8.99%), Vitamin B2: 0.15mg (8.79%), Phosphorus: 83.47mg (8.35%), Vitamin B3: 1.48mg (7.42%), Vitamin B1: 0.09mg (5.73%), Magnesium: 21.49mg (5.37%), Vitamin B5: 0.51mg (5.05%), Iron: 0.83mg (4.63%), Zinc: 0.56mg (3.76%), Selenium: 1.68µg (2.39%), Copper: 0.03mg (1.57%), Vitamin B12: 0.08µg (1.25%)