



Herb-Roasted Spring Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces asparagus trimmed
- ☐ 8 ounces baby zucchini ends trimmed cut in half
- ☐ 8 ounces baby-cut carrots
- ☐ 1 fennel bulb halved cut into wedges
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 1 head garlic separated peeled
- ☐ 3 tablespoons garlic chopped
- ☐ 6 tablespoons olive oil

- ☐ 1 bell pepper red seeded cut into 1/2-inch strips
- ☐ 8 servings salt and pepper
- ☐ 7 shallots peeled cut in half
- ☐ 2 cups snap peas trimmed
- ☐ 8 ounces baby squash yellow ends trimmed cut in half

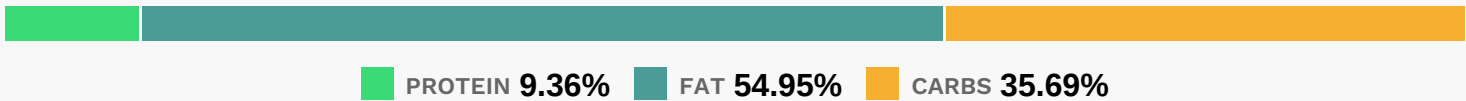
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place carrots and shallots in a pan; cover with water. Bring to boil; cook until tender, 7 minutes.
- ☐ Drain.
- ☐ Preheat oven to 425F. In a large bowl toss carrots, shallots, fennel and garlic cloves with 2 Tbsp. olive oil, 1 Tbsp. chopped garlic, 1 Tbsp. tarragon, salt and pepper.
- ☐ Spread in a single layer on a baking sheet. Roast for 15 minutes, stirring once.
- ☐ Toss remaining vegetables with remaining olive oil and garlic, 1 Tbsp. tarragon, salt and pepper.
- ☐ Place on a baking sheet in a single layer and roast on separate oven rack for 25 minutes, stirring occasionally. Toss all vegetables together, sprinkle with 1 Tbsp. tarragon and serve.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:19.297391269518%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 168.67kcal (8.43%), Fat: 11.14g (17.14%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 11.28g (4.1%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 240.66mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin A: 5125.61IU (102.51%), Vitamin C: 46.72mg (56.62%), Vitamin K: 52.96µg (50.43%), Manganese: 0.72mg (36.18%), Vitamin B6: 0.43mg (21.49%), Potassium: 705.15mg (20.15%), Fiber: 5g (20.01%), Folate: 74.85µg (18.71%), Iron: 2.98mg (16.55%), Vitamin E: 2.41mg (16.04%), Magnesium: 49.39mg (12.35%), Phosphorus: 114.82mg (11.48%), Vitamin B2: 0.19mg (11.43%), Copper: 0.21mg (10.56%), Calcium: 96.07mg (9.61%), Vitamin B1: 0.13mg (8.93%), Vitamin B3: 1.61mg (8.05%), Zinc: 0.91mg (6.06%), Vitamin B5: 0.6mg (5.98%), Selenium: 2.25µg (3.21%)