



Herb-Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 cup carrots sliced ()
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 garlic cloves thinly sliced

- ☐ 1 cup cut green beans (1-inch) ()
- ☐ 1.5 tablespoons olive oil
- ☐ 2 medium onions peeled quartered
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups bell pepper red cut (1-inch-square)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups baby squash yellow sliced ()
- ☐ 2.5 cups zucchini sliced ()

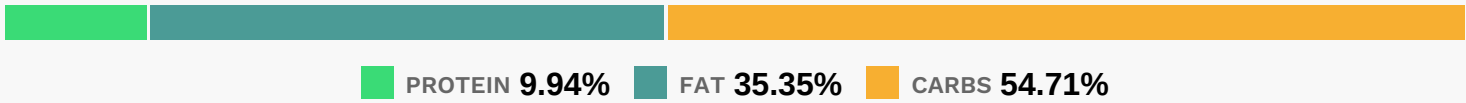
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425
- ☐ Place all ingredients in a 13 x 9-inch baking dish; stir well to coat. Cover and bake at 425 for 40 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:50.65, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:10.421738883723%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 63.11kcal (3.16%), Fat: 2.67g (4.1%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 6.92g (2.52%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 81.96mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin A: 3354.66IU (67.09%), Vitamin C: 45.81mg (55.52%), Vitamin K: 14.68µg (13.98%), Manganese: 0.26mg (13.07%), Vitamin B6: 0.26mg (12.87%), Fiber: 2.36g (9.44%), Folate: 37.5µg (9.38%), Potassium: 317.6mg (9.07%), Vitamin B2: 0.11mg (6.62%), Vitamin E: 0.97mg (6.49%), Magnesium: 21.9mg (5.47%), Vitamin B1: 0.07mg (4.81%), Phosphorus: 47.36mg (4.74%), Iron: 0.8mg (4.43%), Vitamin B3: 0.78mg (3.9%), Calcium: 34.54mg (3.45%), Copper: 0.07mg (3.29%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.37mg (2.45%)