



## Italian Vegetables en Papillote

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon basil dried
- 1.5 cups mushrooms sliced
- 1 tablespoon olive oil
- 1 cup onion thinly sliced
- 0.5 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

- 1.5 cups tomatoes diced
- 2 cups baby squash yellow sliced quartered
- 2 cups zucchini sliced quartered

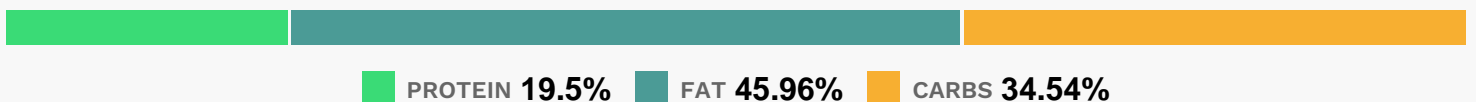
## Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Combine all ingredients in a bowl, and toss gently.
- Cut 8 (15-inch) squares of parchment paper. Fold each square in half; open each, and place 1 cup vegetable mixture near the fold.
- Fold parchment paper, and seal the edges with narrow folds; place the packets on baking sheets.
- Bake at 400 for 20 minutes or until the packets are puffed and lightly browned.
- Place the packets on individual servings plates, and cut open; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.63, Glycemic Load:1.15, Inflammation Score:-5, Nutrition Score:6.4430434574252%

## Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

## Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 3.8g (5.84%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.84g (1.76%), Sugar: 3.35g (3.72%), Cholesterol: 5.44mg (1.81%), Sodium: 188.33mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin C: 16.04mg (19.44%), Vitamin B2: 0.18mg (10.32%), Manganese: 0.2mg (10.21%), Potassium: 323.99mg (9.26%), Vitamin B6: 0.18mg (9.24%), Phosphorus: 90.68mg (9.07%), Vitamin A: 408.96IU (8.18%), Calcium: 76.39mg (7.64%), Vitamin K: 7.68µg (7.31%), Folate: 27.57µg (6.89%), Fiber: 1.58g (6.34%), Copper: 0.12mg (5.93%), Selenium: 4.09µg (5.85%), Vitamin B3: 1.13mg (5.66%), Magnesium: 20.26mg (5.07%), Vitamin B5: 0.45mg (4.5%), Vitamin B1: 0.06mg (4.25%), Zinc: 0.64mg (4.24%), Vitamin E: 0.54mg (3.62%), Iron: 0.57mg (3.19%), Vitamin B12: 0.09µg (1.53%)