



## Layered roast summer vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

## Ingredients

- ☐ 6 tbsp olive oil
- ☐ 4 large zucchini yellow sliced ( ones look pretty)
- ☐ 5 plum tomatoes ripe sliced
- ☐ 2 eggplant sliced
- ☐ 1 large garlic clove whole
- ☐ 1 small bunch rosemary

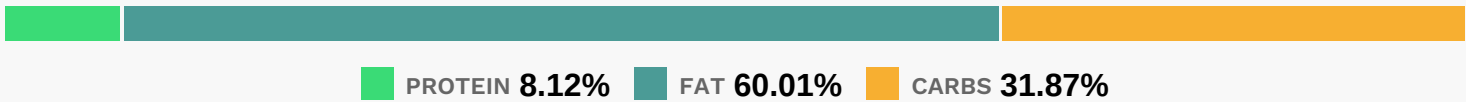
## Equipment

- ☐ oven

# Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Drizzle a round ovenproof dish with a little oil; then, starting from the outside, tightly layer alternate slices of the vegetables in concentric circles until you get to the middle sit the head of garlic here. If you have any vegetables left, tuck them into any gaps around the outside. Stick the sprigs of rosemary among the vegetables, drizzle everything generously with olive oil, then season with salt and pepper.
- ☐ Roast everything together, drizzling with more oil occasionally, for 50 mins–1 hr, until the vegetables are soft and lightly charred.
- ☐ Remove from the oven and leave to stand for a few mins, then remove the garlic and separate it into cloves for squeezing over the vegetables.

## Nutrition Facts



## Properties

Glycemic Index:45.75, Glycemic Load:3.94, Inflammation Score:-9, Nutrition Score:25.323478273723%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

## Nutrients (% of daily need)

Calories: 314.52kcal (15.73%), Fat: 22.68g (34.89%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 15.84g (5.76%), Sugar: 18.2g (20.23%), Cholesterol: 0mg (0%), Sodium: 35.09mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.81%), Vitamin C: 74.01mg (89.71%), Manganese: 1.21mg (60.66%), Fiber: 11.26g (45.03%), Potassium: 1559.11mg (44.55%), Vitamin B6: 0.8mg (39.94%), Vitamin K: 40.68µg (38.74%), Folate: 141.08µg (35.27%), Vitamin E: 4.52mg (30.12%), Vitamin A: 1359.95IU (27.2%), Magnesium: 100.01mg (25%), Vitamin B2: 0.41mg (23.88%), Copper: 0.41mg (20.37%), Phosphorus: 197.8mg (19.78%), Vitamin B1: 0.27mg (17.83%), Vitamin B3: 3.41mg (17.07%), Vitamin B5: 1.38mg (13.76%), Iron: 2.21mg (12.26%), Zinc: 1.56mg (10.38%), Calcium: 88.01mg (8.8%), Selenium: 1.46µg (2.09%)