



Lemon-Chive Roasted Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



125 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots
- 0.3 teaspoon pepper black
- 1.5 pounds fingerling potatoes halved
- 2 tablespoons chives fresh chopped
- 2 tablespoons juice of lemon fresh
- 1.5 teaspoons lemon rind grated
- 1 tablespoon olive oil
- 1.5 pounds potatoes red halved

- 0.5 teaspoon salt
- 2 medium vidalia sweet cut into 8 wedges

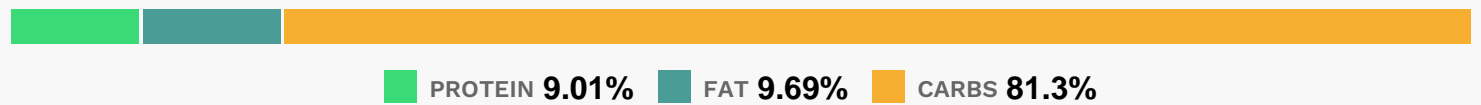
Equipment

- bowl
- oven

Directions

- Preheat oven to 42
- Combine first 5 ingredients in a large bowl; toss well to coat. Arrange vegetables in a single layer on 2 jelly-roll pans coated with cooking spray.
- Bake at 425 for 30 minutes, turning after 15 minutes or until tender and lightly browned.
- Combine vegetables, chives, and remaining ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:12.264782708624%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 125.47kcal (6.27%), Fat: 1.4g (2.16%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 22.6g (8.22%), Sugar: 5.83g (6.47%), Cholesterol: 0mg (0%), Sodium: 144.49mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin A: 5240.45IU (104.81%), Vitamin C: 21.26mg (25.77%), Vitamin B6: 0.38mg (18.87%), Potassium: 656.96mg (18.77%), Fiber: 3.86g (15.44%), Manganese: 0.27mg

(13.67%), Folate: 43.24µg (10.81%), Copper: 0.21mg (10.4%), Phosphorus: 92.97mg (9.3%), Magnesium: 34.73mg (8.68%), Vitamin B1: 0.13mg (8.43%), Vitamin K: 8.28µg (7.88%), Vitamin B3: 1.54mg (7.7%), Iron: 1.36mg (7.55%), Vitamin B5: 0.54mg (5.38%), Calcium: 36.8mg (3.68%), Vitamin B2: 0.06mg (3.62%), Zinc: 0.49mg (3.29%), Selenium: 1.08µg (1.54%), Vitamin E: 0.2mg (1.31%)