



WHATSheATE



Lemon Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients



0.3 cup almonds toasted sliced



1 tablespoon basil fresh chopped



1 garlic clove minced



1 tablespoon juice of lemon fresh



2 tablespoons olive oil



1 large bell pepper red cut into 1-inch pieces



0.5 teaspoon salt



1 baby squash yellow cut into 1-inch pieces

☐ 1 zucchini cut into 1-inch pieces

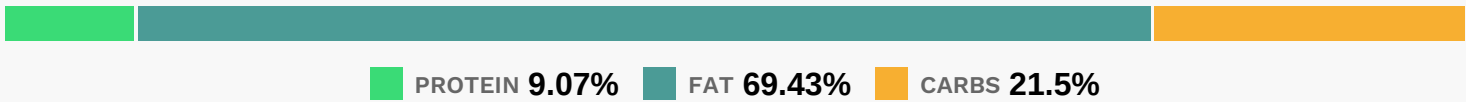
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together first 4 ingredients in a large bowl; add vegetables, and toss to coat.
- ☐ Place in a single layer in an aluminum foil-lined jelly-roll pan.
- ☐ Bake at 400 for 10 minutes; stir vegetables.
- ☐ Bake 10 more minutes or until tender.
- ☐ Transfer vegetables to a large serving dish; toss with basil, and sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:12.852608522643%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 135.16kcal (6.76%), Fat: 11.21g (17.25%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 4.93g (1.79%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 297.63mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin C: 71.36mg (86.49%), Vitamin A: 1506.45IU (30.13%), Vitamin E: 3.75mg (24.98%), Manganese: 0.41mg (20.65%), Vitamin B6: 0.33mg (16.42%), Vitamin B2: 0.24mg (14.1%), Folate: 49.32µg (12.33%), Potassium: 407.45mg (11.64%), Fiber: 2.88g (11.53%), Vitamin K: 11.89µg (11.32%), Magnesium: 43.51mg (10.88%), Phosphorus: 86.5mg (8.65%), Copper: 0.14mg (7.09%), Vitamin B3: 1.15mg (5.76%), Vitamin B1: 0.09mg (5.73%), Iron: 0.89mg (4.93%), Zinc: 0.66mg (4.37%), Calcium: 41.4mg (4.14%), Vitamin B5: 0.35mg (3.52%)