



 **24%**
HEALTH SCORE

Mallorca-Style Vegetable Bake

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



86 kcal

SIDE DISH

Ingredients

- 1 pound baking potatoes cut into 1/2-inch cubes
- 1 pound eggplant peeled cut into 1/2-inch cubes
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 1 tablespoon garlic minced
- 0.5 teaspoon pepper black
- 0.5 teaspoon kosher salt
- 1 cup onion chopped

- 1 teaspoon oregano fresh chopped
- 29 ounce tomatoes diced with basil, garlic & oregano, drained canned
- 2 tablespoons virgin olive oil
- 1 pound zucchini sliced quartered

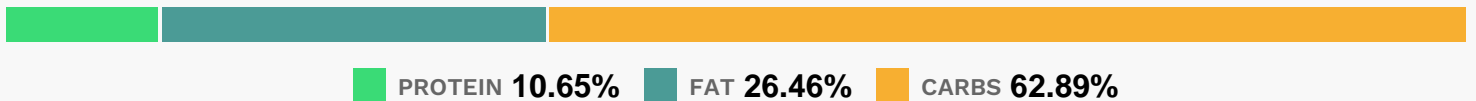
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 400 degrees F.
- Place potatoes, onion and garlic in 13x9-inch casserole dish.
- Drizzle with oil and toss together.
- Bake uncovered 20 minutes, stirring after 10 minutes.
- Stir in drained tomatoes, eggplant, zucchini, basil, oregano, salt and pepper.
- Bake uncovered an additional 10 minutes or until desired doneness.

Nutrition Facts



Properties

Glycemic Index:33.48, Glycemic Load:6.87, Inflammation Score:-7, Nutrition Score:7.8265216557876%

Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 85.75kcal (4.29%), Fat: 2.72g (4.18%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 11.37g (4.14%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 106.76mg (4.64%), Alcohol: 0g (100%), Protein: 2.46g (4.93%), Vitamin C: 20.4mg (24.72%), Manganese: 0.34mg (17.17%), Vitamin B6: 0.31mg (15.27%), Potassium: 531.59mg (15.19%), Vitamin A: 676.57IU (13.53%), Fiber: 3.16g (12.65%), Vitamin K: 13.07µg (12.44%), Folate: 36.15µg (9.04%), Magnesium: 30.63mg (7.66%), Copper: 0.14mg (7.04%), Phosphorus: 66.12mg (6.61%), Vitamin B1: 0.1mg (6.4%), Vitamin B3: 1.25mg (6.23%), Vitamin E: 0.91mg (6.04%), Iron: 0.87mg (4.83%), Vitamin B2: 0.08mg (4.74%), Vitamin B5: 0.38mg (3.82%), Zinc: 0.45mg (2.98%), Calcium: 29.19mg (2.92%)