



WHATSheATE



Maple Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 2 lb baby carrots
- ☐ 2 lb delicata squash peeled cut into 1-inch slices cut in half lengthwise and
- ☐ 0.5 cup maple syrup
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion cut into wedges
- ☐ 1 tablespoon sea salt
- ☐ 2 lb sweet potatoes and into peeled cut into 1-inch chucks
- ☐ 2 bell pepper red yellow cut into 1-inch chunks

Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray two 15x10x1-inch pans with cooking spray.
- ☐ In large bowl, toss all ingredients.
- ☐ Spread evenly into pans.
- ☐ Roast uncovered for 1 hour until vegetables are tender and golden.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:17.319130462149%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 194.7kcal (9.73%), Fat: 3.79g (5.83%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 33.41g (12.15%), Sugar: 16.99g (18.88%), Cholesterol: 0mg (0%), Sodium: 687.11mg (29.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin A: 22223.61IU (444.47%), Vitamin C: 50.4mg (61.09%), Manganese: 0.78mg (39.09%), Fiber: 5.99g (23.94%), Potassium: 789.17mg (22.55%), Vitamin B6: 0.4mg (20.18%), Vitamin B2: 0.3mg (17.58%), Folate: 54.4µg (13.6%), Copper: 0.27mg (13.5%), Vitamin B5: 1.1mg (10.99%), Vitamin K: 11.46µg (10.91%), Magnesium: 43.51mg (10.88%), Iron: 1.73mg (9.61%), Calcium: 88.11mg (8.81%), Vitamin B1: 0.12mg (8.3%), Phosphorus: 82.47mg (8.25%), Vitamin B3: 1.42mg (7.11%), Vitamin E: 0.79mg (5.29%), Zinc: 0.66mg (4.43%), Selenium: 1.56µg (2.23%)