



Marinated Summer Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic clove
- ☐ 6 servings pepper freshly ground
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 sprigs oregano
- ☐ 2 tablespoons red wine vinegar
- ☐ 3 bell pepper red yellow cut into 1" strips
- ☐ 1 pound summer squash thick sliced

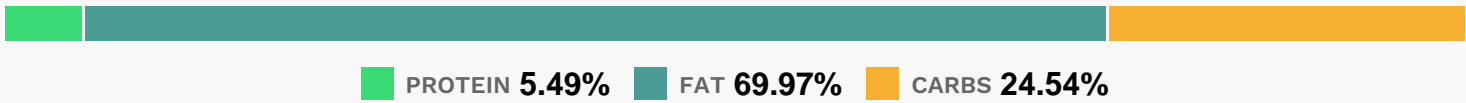
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place racks in upper and lower thirds of oven; preheat to 475°.
- ☐ Place squash and peppers on separate baking sheets.
- ☐ Drizzle each sheet of vegetables with 1/2 tablespoons oil, season with salt and pepper, and toss to coat.
- ☐ Spread out in a single layer, turning peppers skin side up.
- ☐ Roast peppers on upper rack and squash on lower rack, turning squash once, until tender, 15–20 minutes.
- ☐ Let cool slightly; remove skins from peppers.
- ☐ Whisk garlic, vinegar, and remaining 3 tablespoons oil in a large bowl; season with salt and pepper.
- ☐ Add vegetables and oregano; toss to coat. Cover and let sit at least 1 hour.
- ☐ DO AHEAD: Vegetables can be made 3 days ahead. Cover and chill; bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:10.3999999960609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 116.89kcal (5.84%), Fat: 9.66g (14.86%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.64g (2.05%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 3.81mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin C: 122.4mg (148.37%), Vitamin K: 16.36µg (15.58%), Manganese: 0.3mg (15.01%), Vitamin B6: 0.29mg (14.57%), Vitamin E: 1.68mg (11.2%), Folate: 40.6µg (10.15%), Potassium: 348.39mg (9.95%), Fiber: 1.98g (7.92%), Vitamin B2: 0.13mg (7.68%), Iron: 1.13mg (6.28%), Magnesium: 24.21mg (6.05%), Vitamin A: 293.51IU (5.87%), Copper: 0.12mg (5.77%), Vitamin B3: 0.97mg (4.84%), Phosphorus: 47.07mg (4.71%), Calcium: 41.82mg (4.18%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.37%)