



HEALTH SCORE

100%

## Mediterranean Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon thyme sprigs fresh chopped
- 1 teaspoon olive oil
- 1 large onion red cut into 1/4-inch wedges
- 2 baby squash yellow sliced
- 2 medium zucchini sliced

### Equipment

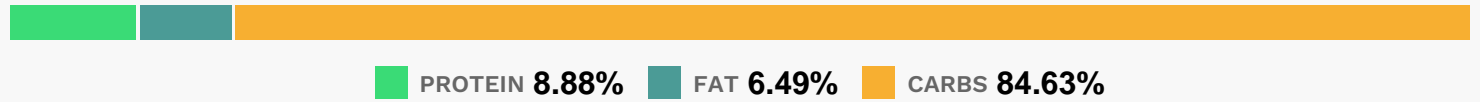
- baking sheet

oven

## Directions

- Preheat oven to 400°F. Spray large baking sheet with nonstick spray. Toss onion and next 5 ingredients together on prepared baking sheet; spread in single layer.
- Sprinkle with salt and pepper.
- Bake vegetables until tender and brown around edges, stirring occasionally, about 35 minutes.
- Per serving: calories, 52; total fat, 1 g; saturated fat, 0.5 g; cholesterol,
- Self

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:28.514347625815%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

## Nutrients (% of daily need)

Calories: 214.06kcal (10.7%), Fat: 1.75g (2.69%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 51.24g (17.08%), Net Carbohydrates: 42.05g (15.29%), Sugar: 13.06g (14.51%), Cholesterol: 0mg (0%), Sodium: 25.96mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Vitamin A: 40142.19IU (802.84%), Vitamin C: 101.13mg (122.58%), Manganese: 1.01mg (50.35%), Potassium: 1635.56mg (46.73%), Vitamin B6: 0.78mg (38.82%), Magnesium: 151.65mg (37.91%), Vitamin E: 5.67mg (37.78%), Fiber: 9.19g (36.77%), Folate: 130.78µg (32.7%), Vitamin B1: 0.43mg (28.84%), Vitamin B3: 5.01mg (25.03%), Calcium: 211.26mg (21.13%), Iron: 3.41mg (18.97%), Vitamin B5: 1.74mg (17.41%), Phosphorus: 172.34mg (17.23%), Copper: 0.34mg (17.22%), Vitamin B2: 0.18mg (10.75%), Vitamin K: 9.05µg (8.62%), Zinc: 0.96mg (6.41%), Selenium: 2.21µg (3.16%)