



Mixed Roasted Vegetables

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1 medium eggplant cut into 2-inch chunks (1 1/2 pounds)
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 medium onion separated cut into 8 wedges and into pieces
- ☐ 2 medium zucchini cut into 1-inch pieces
- ☐ 0.5 pound mushrooms fresh whole
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 tablespoons vegetable oil

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium tomatoes seeded cut into 2-inch pieces
- ☐ 1 serving parmesan cheese grated

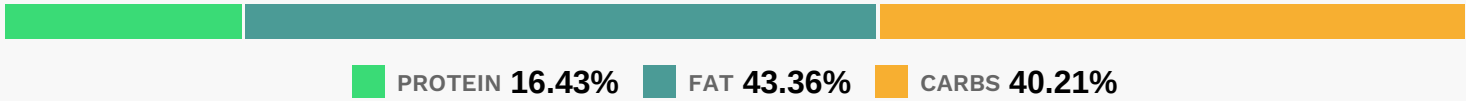
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place eggplant, bell peppers, onion, zucchini and mushrooms in 3-quart casserole.
- ☐ Sprinkle evenly with basil.
- ☐ Mix oil, vinegar, oregano, salt and pepper.
- ☐ Drizzle evenly over vegetables.
- ☐ Bake uncovered 30 minutes.
- ☐ Add tomato; toss to coat.
- ☐ Bake uncovered about 15 minutes longer or until vegetables are tender.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:23.604782508767%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg,

Luteolin: 0.79mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg
Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg,
Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 129.36kcal (6.47%), Fat: 7.03g (10.82%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 14.68g (4.89%),
Net Carbohydrates: 7.37g (2.68%), Sugar: 5.96g (6.62%), Cholesterol: 3.26mg (1.09%), Sodium: 227.68mg (9.9%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin K: 187.32µg (178.4%), Manganese: 1.29mg
(64.74%), Vitamin C: 44.85mg (54.37%), Iron: 9.63mg (53.48%), Fiber: 7.31g (29.25%), Calcium: 279.62mg (27.96%),
Magnesium: 98.06mg (24.52%), Potassium: 734.71mg (20.99%), Vitamin B6: 0.4mg (20.04%), Copper: 0.4mg
(20.03%), Vitamin B2: 0.34mg (19.84%), Folate: 73.81µg (18.45%), Vitamin A: 870.66IU (17.41%), Vitamin E: 2.15mg
(14.31%), Phosphorus: 122.81mg (12.28%), Vitamin B3: 2.44mg (12.19%), Zinc: 1.37mg (9.15%), Vitamin B5: 0.88mg
(8.76%), Vitamin B1: 0.11mg (7.02%), Selenium: 4.61µg (6.59%), Vitamin B12: 0.06µg (1.03%)