



## Mixed Vegetable Bake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

## Ingredients

- 1 lb potatoes – remove skin red cut into 1/8-inch slices ( 4)
- 1 large onion cut in half and into 1/4-inch slices
- 2 medium carrots peeled cut into 1/4-inch slices
- 0.3 cup olive oil extra virgin extra-virgin
- 2 teaspoons garlic finely chopped
- 1 teaspoon thyme leaves dried
- 1 teaspoon tarragon dried
- 0.5 teaspoon salt

- 0.5 teaspoon pepper
- 1 medium bell pepper red cut into 1/4-inch slices
- 1 medium zucchini cut into 1/4-inch slices

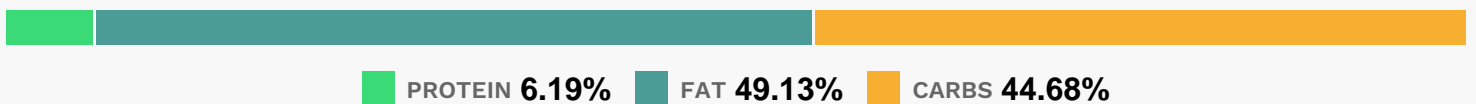
## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 400°F. Spray bottom of 13x9-inch (3-quart) baking dish with cooking spray.
- Place potatoes, onion and carrots in baking dish; toss with half each of the oil, garlic, thyme, tarragon, salt and pepper.
- Bake 10 minutes.
- Meanwhile, in medium bowl, toss bell pepper and zucchini with remaining oil and seasonings. Stir into mixture in baking dish.
- Bake 30 to 35 minutes longer or until vegetables are tender; stirring halfway through bake time.

## Nutrition Facts



## Properties

Glycemic Index:49.64, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:12.700869544693%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

## Nutrients (% of daily need)

Calories: 164.75kcal (8.24%), Fat: 9.38g (14.44%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 16.04g (5.83%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 226.45mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin A: 4119.83IU (82.4%), Vitamin C: 41.8mg (50.66%), Potassium: 591.1mg (16.89%), Vitamin B6: 0.32mg (15.98%), Manganese: 0.32mg (15.94%), Fiber: 3.16g (12.63%), Vitamin K: 13.06µg (12.44%), Vitamin E: 1.8mg (11.99%), Folate: 40.31µg (10.08%), Phosphorus: 81.24mg (8.12%), Magnesium: 32.06mg (8.02%), Vitamin B1: 0.11mg (7.65%), Copper: 0.15mg (7.52%), Vitamin B3: 1.48mg (7.42%), Iron: 1.12mg (6.24%), Vitamin B2: 0.1mg (5.7%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.53mg (3.52%), Calcium: 34.54mg (3.45%), Selenium: 0.77µg (1.11%)