



HEALTH SCORE

88%

Mostly Roasted Veggie Explosion



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 2 cups baby carrots
- ☐ 6 to 8 basil leaves fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 6 to 8 cherry tomatoes
- ☐ 1 eggplant
- ☐ 1 small jicama peeled cut into 1/2-inch-wide sticks
- ☐ 1 bell pepper red seeded cut into 1/2-inch-thick slices

- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar snap peas
- ☐ 1 bell pepper yellow seeded cut into 1/2-inch-thick slices

Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Spray 2 baking sheets with nonstick spray. Set aside.
- ☐ Cut off and discard the tough ends of the asparagus stalks.
- ☐ Lay asparagus on the sheets.
- ☐ Lay carrots and pepper strips on the sheets as well.
- ☐ Cut eggplant lengthwise into six to eight 1/4-inch slices. Blot excess moisture from the slices with paper towels. Arrange the eggplant slices flat on the sheets.
- ☐ Sprinkle veggies with the salt and black pepper.
- ☐ Roast the veggies until tender, about 15 minutes.
- ☐ Once the veggies are cool enough to handle, place one basil leaf lengthwise on an eggplant slice.
- ☐ Add a cherry tomato at the short base of the slice.
- ☐ Roll up the eggplant around the tomato and secure with a toothpick. Repeat with all of the other eggplant slices.
- ☐ If you like, refrigerate the eggplant rolls and roasted veggies until completely chilled, at least 1 hour.
- ☐ When it's time to serve, arrange the roasted veggies on a platter with the jicama and sugar snap peas.

Nutrition Facts



 **PROTEIN 16.62%**  **FAT 4.28%**  **CARBS 79.1%**

Properties

Glycemic Index:26.38, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:18.871304325435%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 74.88kcal (3.74%), Fat: 0.4g (0.61%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 9.21g (3.35%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 105.03mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 5704.51IU (114.09%), Vitamin C: 78.48mg (95.13%), Vitamin K: 37.29µg (35.52%), Fiber: 7.26g (29.06%), Manganese: 0.42mg (20.85%), Folate: 79.07µg (19.77%), Potassium: 531.36mg (15.18%), Iron: 2.65mg (14.71%), Vitamin B6: 0.27mg (13.53%), Copper: 0.26mg (12.84%), Vitamin B1: 0.18mg (11.72%), Vitamin B2: 0.17mg (9.71%), Vitamin E: 1.43mg (9.52%), Magnesium: 35.53mg (8.88%), Phosphorus: 84.66mg (8.47%), Vitamin B3: 1.69mg (8.46%), Vitamin B5: 0.78mg (7.8%), Calcium: 49.94mg (4.99%), Zinc: 0.68mg (4.5%), Selenium: 2.38µg (3.4%)