



Oven Baked Vegetables

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- 1 carrots sliced
- 0.3 teaspoon cayenne pepper
- 0.1 teaspoon garlic salt
- 1 bell pepper green chopped
- 0.1 teaspoon onion salt
- 2 onions sliced
- 2 potatoes cubed
- 0.3 cup dressing fat free italian-style

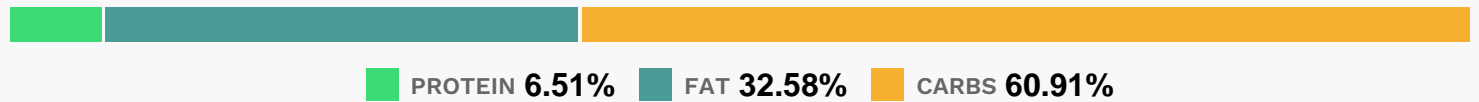
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9 x 13 inch baking pan with cooking spray.
- In prepared pan combine potatoes, carrots, onions and bell pepper.
- In a small bowl combine Italian dressing, garlic salt, cayenne pepper and onion salt.
- Pour over vegetables.
- Bake, covered, for 15 minutes. Uncover, stir and bake for 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:10.23, Inflammation Score:-8, Nutrition Score:8.51478249936%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 133.85kcal (6.69%), Fat: 4.96g (7.64%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 18.05g (6.56%), Sugar: 6.02g (6.69%), Cholesterol: 5.69mg (1.9%), Sodium: 228.31mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin C: 33.39mg (40.48%), Vitamin A: 1817.41IU (36.35%), Vitamin B6: 0.31mg (15.75%), Vitamin K: 13.55µg (12.91%), Potassium: 426.24mg (12.18%), Fiber: 2.83g (11.32%), Manganese: 0.21mg (10.58%), Phosphorus: 64.71mg (6.47%), Vitamin B1: 0.1mg (6.45%), Magnesium: 23.75mg (5.94%), Folate: 22.89µg (5.72%), Copper: 0.11mg (5.58%), Vitamin B3: 1mg (5.01%), Iron: 0.78mg (4.34%),

Vitamin E: 0.61mg (4.05%), Vitamin B5: 0.32mg (3.21%), Vitamin B2: 0.05mg (3.09%), Calcium: 23.73mg (2.37%),
Zinc: 0.34mg (2.29%), Selenium: 1.08µg (1.54%)