



Oven-Roasted Italian Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 8 oz baby carrots
- ☐ 4 oz mushrooms fresh whole
- ☐ 2 medium onion cut into 1-inch wedges (2 cups)
- ☐ 1 large bell pepper red cut into 1-inch pieces (2 cups)
- ☐ 1 cup zucchini
- ☐ 3 small potatoes – remove skin red cut into fourths (1 cup)
- ☐ 0.5 cup salad dressing italian

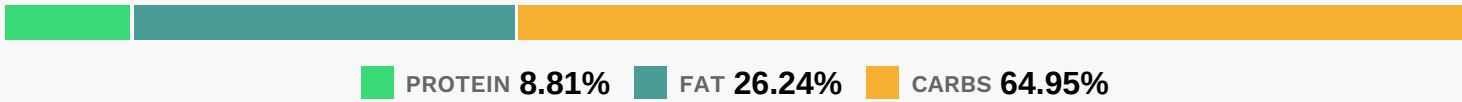
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Generously spray 15x10x1-inch pan with cooking spray. In large bowl, toss vegetables with dressing.
- ☐ Spread vegetables in single layer in pan.
- ☐ Bake uncovered 30 minutes, stirring occasionally, until crisp-tender.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:12.517825988324%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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, Myricetin: 0.01mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 111.88kcal (5.59%), Fat: 3.41g (5.25%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 15.9g (5.78%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 183.3mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin A: 4592.55IU (91.85%), Vitamin C: 37.63mg (45.61%), Potassium: 538.52mg (15.39%), Vitamin B6: 0.28mg (14.01%), Vitamin K: 14.52µg (13.83%), Fiber: 3.1g (12.4%), Manganese: 0.23mg (11.49%), Folate: 39.91µg (9.98%), Copper: 0.18mg (9.2%), Vitamin B3: 1.72mg (8.62%), Phosphorus: 80.41mg (8.04%), Vitamin B2: 0.13mg (7.43%), Vitamin B1: 0.11mg (7.02%), Magnesium: 26.87mg (6.72%), Vitamin B5: 0.63mg (6.34%), Iron: 1.03mg (5.72%), Vitamin E: 0.68mg (4.52%), Selenium: 2.37µg (3.39%), Zinc: 0.49mg (3.27%), Calcium: 28.02mg (2.8%)