



WHATSheATE



Oven-Roasted Potatoes and Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups baby potatoes refrigerated (from 1 lb 4-oz bag)
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 small zucchini cut into 1/2-inch pieces
- ☐ 1 cup mushrooms fresh whole quartered
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 0.3 teaspoon garlic salt

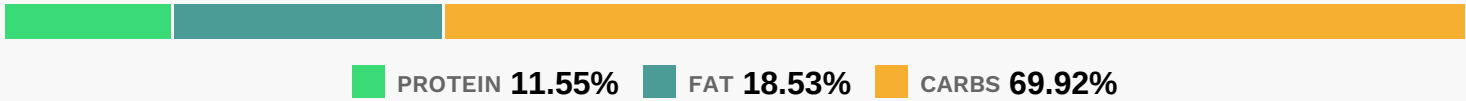
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, toss all ingredients to coat.
- ☐ Spread evenly in pan.
- ☐ Bake 15 to 20 minutes, stirring once halfway through baking time, until vegetables are tender and lightly browned.

Nutrition Facts



Properties

Glycemic Index:27.96, Glycemic Load:8.42, Inflammation Score:-6, Nutrition Score:7.7260868989903%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 72.37kcal (3.62%), Fat: 1.57g (2.42%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 11.14g (4.05%), Sugar: 2.14g (2.37%), Cholesterol: 0mg (0%), Sodium: 103.88mg (4.52%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin C: 41.56mg (50.37%), Vitamin B6: 0.29mg (14.63%), Vitamin A: 664.4IU (13.29%), Potassium: 409.32mg (11.69%), Fiber: 2.22g (8.88%), Manganese: 0.17mg (8.44%), Vitamin B3: 1.53mg (7.63%), Vitamin B2: 0.12mg (7.09%), Folate: 26.96µg (6.74%), Copper: 0.13mg (6.67%), Phosphorus: 62.26mg (6.23%), Magnesium: 22.19mg (5.55%), Vitamin B1: 0.08mg (5.52%), Vitamin B5: 0.53mg (5.29%), Vitamin K: 4.84µg (4.61%), Iron: 0.8mg (4.42%), Vitamin E: 0.57mg (3.78%), Zinc: 0.38mg (2.54%), Selenium: 1.74µg (2.49%), Calcium: 15.25mg (1.52%)