



## Oven-Roasted Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

### Ingredients

- 2 medium baking potatoes unpeeled cut into 1-inch chunks (1 1/3 cups)
- 1 medium bell pepper cut into 1-inch squares
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 cup salad dressing fat-free italian
- 2 medium onion cut into 12 wedges
- 1 medium sweet potatoes and into unpeeled cut into 1-inch chunks (1 cup)

### Equipment

- frying pan

oven

## Directions

- Move oven rack to position slightly above middle of oven.
- Heat oven to 500F.
- Generously spray rectangular pan, 13x9x2 inches, with cooking spray.
- Place baking potatoes, sweet potato and onions in pan.
- Mix dressing and red pepper; pour over vegetables. Cover and bake 10 minutes.
- Stir bell pepper into vegetables. Cover and bake 5 minutes; stir vegetables.
- Bake uncovered 10 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:38.96, Glycemic Load:14.84, Inflammation Score:-10, Nutrition Score:12.48739136302%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

## Nutrients (% of daily need)

Calories: 139.9kcal (7%), Fat: 2.94g (4.52%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 23.54g (8.56%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 156.19mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Vitamin A: 6005.57IU (120.11%), Vitamin C: 33.17mg (40.2%), Vitamin B6: 0.44mg (21.79%), Potassium: 531.03mg (15.17%), Manganese: 0.28mg (14.19%), Fiber: 3.12g (12.46%), Vitamin K: 10.45µg (9.95%), Magnesium: 32.57mg (8.14%), Vitamin B1: 0.12mg (7.87%), Folate: 30.26µg (7.57%), Copper: 0.15mg (7.52%), Phosphorus: 74.75mg (7.47%), Vitamin B5: 0.62mg (6.23%), Vitamin B3: 1.21mg (6.03%), Iron: 1.04mg (5.79%), Vitamin E: 0.74mg (4.91%), Vitamin B2: 0.07mg (4.35%), Calcium: 32.17mg (3.22%), Zinc: 0.44mg (2.95%), Selenium: 0.98µg (1.4%)