



Oven-Roasted Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



29 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 4 servings bell pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds zucchini halved lengthwise cut into 1 1/2-inch pieces 6 small

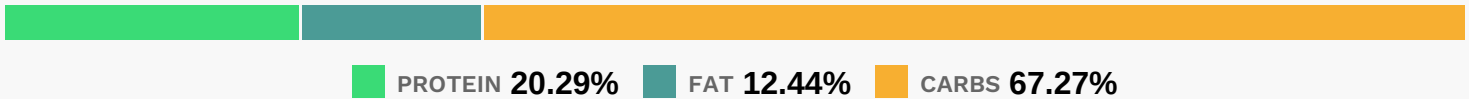
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 47
- ☐ . Arrange zucchini in a single layer on a jelly-roll pan coated with cooking spray. Coat zucchini lightly with cooking spray.
- ☐ Bake at 475 for 25 minutes.
- ☐ Sprinkle with salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:16.490869656853%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 57.93kcal (2.9%), Fat: 0.95g (1.46%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 7.71g (2.8%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 311.81mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 135.96mg (164.8%), Vitamin A: 2786.19IU (55.72%), Vitamin B6: 0.59mg (29.32%), Manganese: 0.49mg (24.28%), Folate: 88.7µg (22.18%), Potassium: 749.19mg (21.41%), Vitamin B2: 0.28mg (16.27%), Fiber: 3.83g (15.33%), Vitamin K: 13.4µg (12.76%), Magnesium: 49.77mg (12.44%), Phosphorus: 105.55mg (10.56%), Vitamin E: 1.45mg (9.66%), Vitamin B1: 0.14mg (9.49%), Vitamin B3: 1.75mg (8.76%), Vitamin B5: 0.7mg (6.99%), Copper: 0.13mg (6.65%), Iron: 1.16mg (6.46%), Zinc: 0.91mg (6.08%), Calcium: 41.68mg (4.17%)