



Ranch Salad with Roasted Vegetables

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



24 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots cut into 1/4-inch-thick slices
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 0.3 cup lite ranch dressing kraft
- 1 small onion red cut into thin wedges
- 1 lb potatoes red cut into 1-inch chunks (6)
- 10 oz torn romaine lettuce

Equipment

frying pan

oven

Directions

Heat oven to 425F.

Combine first 4 ingredients in 15x10x1-inch pan.

Bake 25 min. or until tender, stirring after 15 min. Cool 5 min.

Toss lettuce with dressing; place on 4 serving plates. Top with vegetable mixture and cheese.

Nutrition Facts



PROTEIN 7.37% **FAT 48.87%** **CARBS 43.76%**

Properties

Glycemic Index:1.85, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:2.4786956933853%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 24.24kcal (1.21%), Fat: 1.36g (2.09%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.59g (0.65%), Cholesterol: 0.74mg (0.25%), Sodium: 27.22mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin A: 1130.62IU (22.61%), Vitamin K: 10.9µg (10.38%), Folate: 12.88µg (3.22%), Potassium: 84.62mg (2.42%), Vitamin C: 1.64mg (1.99%), Fiber: 0.47g (1.9%), Manganese: 0.04mg (1.8%), Vitamin B6: 0.03mg (1.64%), Phosphorus: 16.21mg (1.62%), Vitamin B1: 0.02mg (1.2%), Magnesium: 4.32mg (1.08%), Copper: 0.02mg (1.08%)