



Roast Vegetable Medley



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baby carrots with tops (5 ounces)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 1 fennel bulb cut into (1/) wedges (15 ounces)
- ☐ 2.5 teaspoons mint leaves fresh chopped
- ☐ 24 garlic cloves peeled
- ☐ 2.5 teaspoons oregano fresh chopped

- ☐ 3 bell peppers red cut into 1-inch pieces (1 1/4 pounds)
- ☐ 0.8 teaspoon salt
- ☐ 8 large shallots peeled halved lengthwise
- ☐ 1 large baby squash yellow halved lengthwise cut into 1-inch pieces (6 ounces)
- ☐ 1 large zucchini halved lengthwise cut into 1-inch pieces (7 ounces)

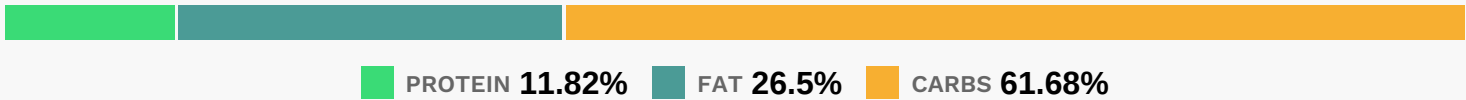
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place 1 oven rack in upper third of oven, and place the second rack in lower third of oven.
- ☐ Cut tops off carrots; discard tops.
- ☐ Combine carrots and remaining ingredients except cooking spray in a large bowl; toss to combine. Divide vegetable mixture evenly between 2 jelly-roll pans coated with cooking spray.
- ☐ Bake at 450 for 12 minutes, stirring once; rotate pans on oven racks.
- ☐ Bake 12 additional minutes or until vegetables begin to brown, stirring once.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:17.113478411799%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 96.22kcal (4.81%), Fat: 3.14g (4.83%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 12g (4.37%), Sugar: 7.77g (8.63%), Cholesterol: 0mg (0%), Sodium: 256.3mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Vitamin C: 79.97mg (96.94%), Vitamin A: 3819.26IU (76.39%), Vitamin K: 31.07µg (29.59%), Manganese: 0.54mg (27.2%), Vitamin B6: 0.52mg (25.95%), Fiber: 4.45g (17.79%), Potassium: 593.81mg (16.97%), Folate: 64.47µg (16.12%), Vitamin E: 1.48mg (9.88%), Vitamin B2: 0.17mg (9.82%), Phosphorus: 91.33mg (9.13%), Magnesium: 35.51mg (8.88%), Iron: 1.56mg (8.65%), Calcium: 71.53mg (7.15%), Copper: 0.14mg (6.99%), Vitamin B1: 0.1mg (6.91%), Vitamin B3: 1.24mg (6.18%), Vitamin B5: 0.55mg (5.52%), Zinc: 0.67mg (4.45%), Selenium: 2.17µg (3.1%)