



Roasted Garlic Zucchini and Tomatoes



Gluten Free



Popular

READY IN



33 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion minced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups tomatoes ripe quartered

☐ 2 zucchini cut into 1/2-inch half moons cut in half lengthwise, then

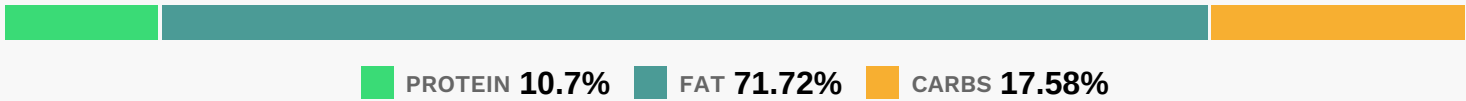
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Combine the zucchini, tomatoes, onion, garlic, and red pepper flakes in the prepared baking dish.
- ☐ Drizzle with the olive oil, season with salt and pepper, and mix well.
- ☐ Place in preheated oven. Roast until vegetables are tender and slightly golden, about 18 minutes.
- ☐ Remove from oven; sprinkle with the Parmesan cheese and basil.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:10.653478349033%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 211.71kcal (10.59%), Fat: 17.53g (26.96%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 7.41g (2.7%), Sugar: 5.04g (5.6%), Cholesterol: 10.88mg (3.63%), Sodium: 429.43mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Vitamin C: 29.56mg (35.83%), Vitamin A: 1025.69IU (20.51%), Vitamin K: 20.87µg (19.88%), Vitamin E: 2.63mg (17.54%), Manganese: 0.33mg (16.74%), Phosphorus: 142.83mg (14.28%), Calcium: 142.83mg (14.28%), Potassium: 490.97mg (14.03%), Vitamin B6: 0.28mg (13.99%), Folate: 38.53µg (9.63%), Vitamin B2: 0.16mg (9.31%), Fiber: 2.25g (9%), Magnesium: 32.85mg (8.21%),

Selenium: 5.01µg (7.16%), Zinc: 1.05mg (6.98%), Copper: 0.12mg (5.88%), Vitamin B1: 0.09mg (5.78%), Vitamin B3: 0.96mg (4.8%), Iron: 0.82mg (4.57%), Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.17µg (2.81%)