



Roasted Green Beans With Peppers & Onion

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 1 lb green beans whole trimmed
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 large onion cut into thin strips
- 1 bell pepper red yellow cut into thin strips

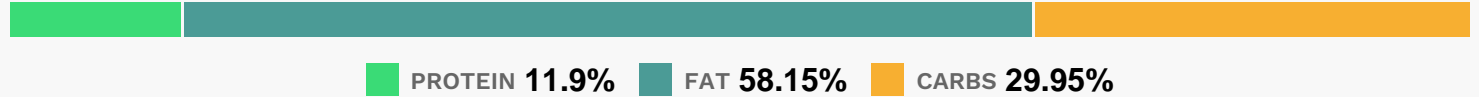
Equipment

- oven
- roasting pan

Directions

- Heat oven to 400F.
- Toss vegetables with dressing in large roasting pan.
- Bake 30 min. or until vegetables are tender, stirring after 15 min.
- Sprinkle with cheese; bake 2 to 3 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.1265217410805%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 16.13kcal (0.81%), Fat: 1.07g (1.65%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.61g (0.68%), Cholesterol: 0.72mg (0.24%), Sodium: 28.93mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin C: 4.38mg (5.3%), Vitamin K: 4.05µg (3.85%), Vitamin A: 142.56IU (2.85%), Fiber: 0.35g (1.38%), Calcium: 13.21mg (1.32%), Manganese: 0.03mg (1.31%), Vitamin B6: 0.02mg (1.21%), Folate: 4.76µg (1.19%), Phosphorus: 10.12mg (1.01%)