



Roasted Spring Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove unpeeled
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 4 servings pepper freshly ground
- ☐ 1 pound sugar snap peas assorted trimmed peeled cut into same-size pieces (such as carrots, asparagus, radishes, spring onions, or sugar snap peas)

Equipment

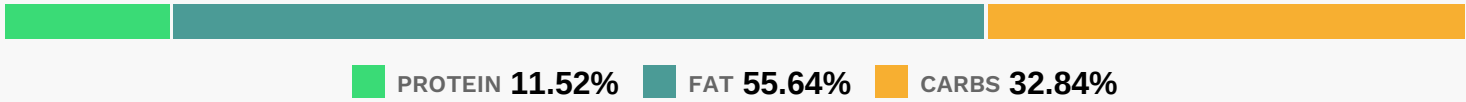
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine vegetables,garlic, and oil in a large bowl. Seasonwith salt and pepper; toss to coat.
- ☐ Spreadout in a single layer on a rimmed bakingsheet. Roast, stirring halfway through, untiltender, golden brown, and charred in spots,about 20 minutes.
- ☐ Serve warm or at roomtemperature.
- ☐ Per serving: 100 calories, 7 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:12.14304345587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 114.23kcal (5.71%), Fat: 7.25g (11.15%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.57g (5.07%), Cholesterol: 0mg (0%), Sodium: 199mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin C: 68.97mg (83.61%), Vitamin K: 32.78µg (31.22%), Vitamin A: 1233.45IU (24.67%), Manganese: 0.34mg (17.01%), Iron: 2.46mg (13.67%), Fiber: 3.04g (12.15%), Folate: 47.73µg (11.93%), Vitamin B1: 0.18mg (11.75%), Vitamin B6: 0.22mg (10.95%), Vitamin E: 1.45mg (9.69%), Vitamin B5: 0.87mg (8.7%), Magnesium: 28.14mg (7.04%), Potassium: 240.27mg (6.86%), Phosphorus: 64.85mg (6.48%), Vitamin B2: 0.09mg (5.54%), Calcium: 54.82mg (5.48%), Copper: 0.1mg (5%), Vitamin B3: 0.7mg (3.51%), Zinc: 0.34mg (2.28%), Selenium: 1.23µg (1.75%)