



Roasted Spring Veggie Medley



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby carrots
- ☐ 1.5 teaspoons basil dried
- ☐ 8 sprigs thyme leaves fresh
- ☐ 4 cloves garlic minced
- ☐ 1 pound green beans trimmed
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 2 large bell peppers red seeded cut into 1/2-inch strips

- ☐ 3 medium onions red cut into eighths
- ☐ 8 servings salt and pepper
- ☐ 2 large bell peppers yellow seeded cut into 1/2-inch strips

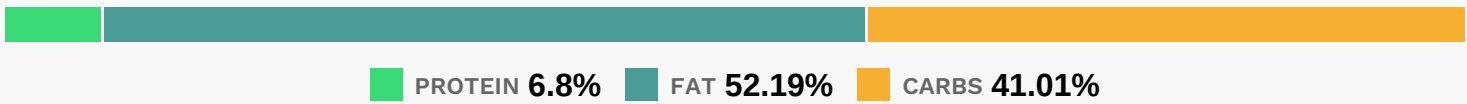
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Place a rack in center of oven. Preheat oven to 400F. Line a shallow baking pan with aluminum foil.
- ☐ Cut green beans in half.
- ☐ Spread on prepared pan along with carrots, onions, peppers and thyme sprigs.
- ☐ Sprinkle with salt and pepper.
- ☐ Whisk garlic, olive oil, basil, paprika, salt and pepper together in a small bowl.
- ☐ Pour mixture over vegetables and toss to coat evenly. Roast for 20 minutes. Using a wide spatula, turn vegetables. Roast until tender, 15 to 25 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:17.932608666627%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 152.09kcal (7.6%), Fat: 9.48g (14.58%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 12.03g (4.37%), Sugar: 6.87g (7.64%), Cholesterol: 0mg (0%), Sodium: 227.12mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 150.68mg (182.64%), Vitamin A: 6292.17IU (125.84%), Vitamin K: 38.32µg (36.5%), Vitamin B6: 0.39mg (19.39%), Manganese: 0.39mg (19.37%), Fiber: 4.73g (18.9%), Folate: 67.28µg (16.82%), Vitamin E: 2.24mg (14.95%), Potassium: 460.81mg (13.17%), Iron: 1.79mg (9.96%), Magnesium: 35.54mg (8.88%), Vitamin B2: 0.14mg (8.13%), Copper: 0.16mg (7.95%), Vitamin B1: 0.11mg (7.62%), Vitamin B3: 1.51mg (7.54%), Phosphorus: 68.55mg (6.85%), Calcium: 60.15mg (6.02%), Vitamin B5: 0.53mg (5.32%), Zinc: 0.5mg (3.31%), Selenium: 1.24µg (1.77%)