



Roasted Summer Vegetable Salad with Ricotta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 medium tomatoes
- ☐ 2 medium zucchini
- ☐ 2 medium to 3 sized squashes yellow
- ☐ 1 medium bell pepper red yellow
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup ricotta cheese

☐ 1 tablespoon parsley fresh chopped

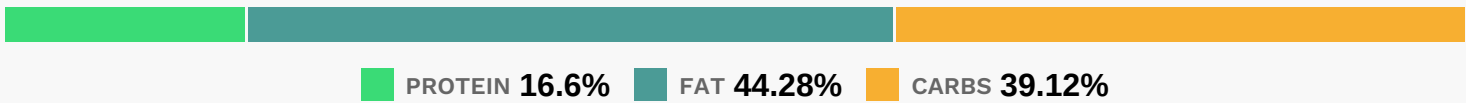
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In large bowl, toss tomatoes, zucchini, yellow squash, bell pepper, thyme, oil and salt.
- ☐ Spread in single layer on 2 ungreased cookie sheets.
- ☐ Bake 20 to 25 minutes or until vegetables are tender.
- ☐ Divide vegetables evenly among 4 serving plates. Top each serving with 1 tablespoon ricotta cheese; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:16.41347832589%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 115.75kcal (5.79%), Fat: 6.27g (9.64%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 8.92g (3.24%), Sugar: 7.08g (7.87%), Cholesterol: 7.91mg (2.63%), Sodium: 319.39mg (13.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin C: 103.56mg (125.53%), Vitamin K: 33.12µg (31.54%), Vitamin A: 1396.91IU (27.94%), Vitamin B6: 0.51mg (25.32%), Manganese: 0.5mg (24.84%), Potassium: 819.2mg (23.41%), Folate: 77.12µg (19.28%), Vitamin B2: 0.29mg (17.05%), Fiber: 3.54g (14.14%), Phosphorus: 129.36mg (12.94%), Magnesium: 51.03mg (12.76%), Copper: 0.2mg (9.8%), Vitamin B1: 0.14mg (9.11%),

Vitamin B3: 1.77mg (8.85%), Vitamin E: 1.26mg (8.41%), Calcium: 78.58mg (7.86%), Iron: 1.32mg (7.34%), Zinc: 1.01mg (6.7%), Vitamin B5: 0.52mg (5.23%), Selenium: 2.73µg (3.9%)