



## Roasted Summer Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

### Ingredients

- ☐ 1 medium eggplant
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red
- ☐ 1 teaspoon salt divided
- ☐ 1 medium size onion sweet halved

- ☐ 1.3 lb baby squash yellow
- ☐ 1 lb zucchini

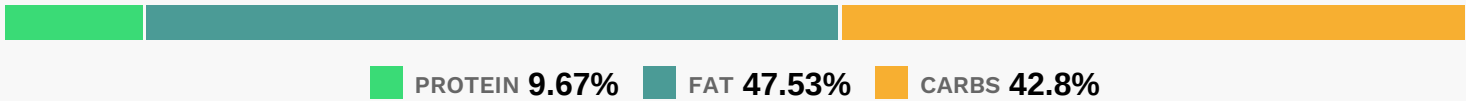
## Equipment

- ☐ paper towels
- ☐ oven
- ☐ broiler pan

## Directions

- ☐ Cut eggplant into 1/4-inch-thick slices, and place in a single layer on paper towels.
- ☐ Sprinkle with 1/2 tsp. salt, and let stand 20 minutes.
- ☐ Cut zucchini and yellow squash into 1/4-inch-thick slices.
- ☐ Cut bell pepper into 1/2-inch strips.
- ☐ Cut onion halves into 1/2-inch slices.
- ☐ Toss together vegetables, olive oil, remaining 1/2 tsp. salt, and pepper; place in 3 lightly greased broiler pans or jelly-roll pans.
- ☐ Bake at 450 for 20 minutes or until vegetables are tender, stirring once.
- ☐ Remove from oven, and sprinkle evenly with basil and parsley.

## Nutrition Facts



## Properties

Glycemic Index:30.38, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:11.1560869191%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 99.47kcal (4.97%), Fat: 5.75g (8.85%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 7.85g (2.85%), Sugar: 7.71g (8.56%), Cholesterol: 0mg (0%), Sodium: 302.13mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin C: 45.28mg (54.89%), Manganese: 0.43mg (21.57%), Vitamin K: 22.1µg (21.05%), Vitamin B6: 0.39mg (19.7%), Vitamin A: 816.83IU (16.34%), Folate: 64.41µg (16.1%), Potassium: 552.16mg (15.78%), Fiber: 3.81g (15.24%), Vitamin B2: 0.2mg (11.61%), Magnesium: 36.73mg (9.18%), Vitamin E: 1.34mg (8.9%), Phosphorus: 78.16mg (7.82%), Copper: 0.14mg (7.19%), Vitamin B1: 0.11mg (7.18%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.48mg (4.79%), Iron: 0.86mg (4.78%), Zinc: 0.58mg (3.89%), Calcium: 36.98mg (3.7%)