

health-score100%

HEALTH SCORE

Roasted Vegetable Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch asparagus fresh cut into 2-inch pieces
- ☐ 1 eggplant quartered cut into 1/2-inch pieces
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic
- ☐ 2 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 1 bell pepper red seeded cut into strips

- ☐ 0.5 onion red sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 2 small baby squash yellow halved lengthwise sliced

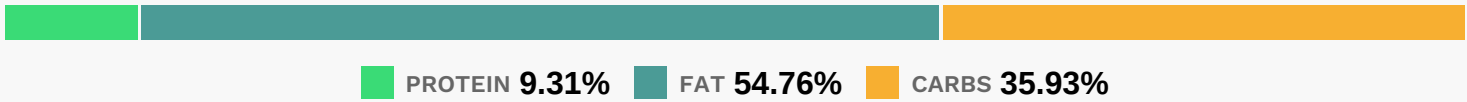
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a large baking sheet.
- ☐ Spread eggplant, yellow squash, asparagus, red bell pepper, red onion, and garlic on the prepared baking sheet.
- ☐ Bake in the preheated oven until vegetables are tender, about 15 minutes.
- ☐ Transfer roasted vegetables to a serving bowl.
- ☐ Whisk olive oil, vinegar, parsley, lemon juice, oregano, salt, and pepper together in a bowl; pour over roasted vegetables. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:25.597391252932%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg

7.1mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 18.75mg, Quercetin: 18.75mg, Quercetin: 18.75mg, Quercetin: 18.75mg

Nutrients (% of daily need)

Calories: 215.29kcal (10.76%), Fat: 14.29g (21.99%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 11.95g (4.35%), Sugar: 9.88g (10.98%), Cholesterol: 0mg (0%), Sodium: 12.64mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.93%), Vitamin K: 147.25µg (140.23%), Vitamin C: 69.84mg (84.65%), Vitamin A: 2307.99IU (46.16%), Manganese: 0.86mg (43.12%), Fiber: 9.16g (36.62%), Folate: 134.79µg (33.7%), Vitamin E: 4.84mg (32.27%), Iron: 4.86mg (27.01%), Vitamin B6: 0.52mg (25.86%), Potassium: 829.68mg (23.71%), Vitamin B2: 0.34mg (20.17%), Copper: 0.39mg (19.47%), Vitamin B1: 0.28mg (18.39%), Magnesium: 61.17mg (15.29%), Phosphorus: 134.99mg (13.5%), Vitamin B3: 2.7mg (13.48%), Calcium: 124.27mg (12.43%), Vitamin B5: 0.92mg (9.21%), Zinc: 1.25mg (8.32%), Selenium: 3.77µg (5.38%)