




 **43%**
HEALTH SCORE

Roasted Vegetable Salad


 Vegetarian  Vegan  Dairy Free

READY IN




83 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 8 oz snack peppers sweet assorted mini quartered
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 2 garlic clove chopped
- 4 cups napa cabbage coarsely chopped
- 2 tablespoons olive oil
- 0.5 teaspoon salt

- 0.3 cup sesame-ginger dressing
- 2 small zucchini cut into 1/2-inch cubes

Equipment

- frying pan
- oven

Directions

- Preheat oven to 45
- Stir together first 5 ingredients.
- Spread in a single layer on a 15- x 10-inch jelly-roll pan.
- Bake at 450 for 13 to 15 minutes or until just tender and lightly browned. Cool 20 minutes.
- Combine roasted vegetables, cabbage, and next 3 ingredients. Chill 30 minutes to 4 hours. Stir just before serving.

Nutrition Facts

PROTEIN 6.22% **FAT 73.74%** **CARBS 20.04%**

Properties

Glycemic Index:46.83, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:14.855652213097%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 130.71kcal (6.54%), Fat: 11.34g (17.44%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.83g (1.76%), Sugar: 4.48g (4.98%), Cholesterol: 0mg (0%), Sodium: 343.72mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin C: 73.46mg (89.04%), Vitamin K: 93.48µg (89.03%), Vitamin A: 1849.97IU (37%), Folate: 73.4µg (18.35%), Vitamin B6: 0.31mg (15.63%), Vitamin E: 2.12mg (14.15%), Manganese: 0.28mg (13.77%), Potassium: 354.56mg (10.13%), Fiber: 2.1g (8.41%), Calcium: 63.1mg (6.31%), Vitamin B2: 0.1mg (5.94%), Magnesium: 22.27mg (5.57%), Phosphorus: 49.83mg (4.98%), Iron: 0.88mg (4.86%),

Vitamin B1: 0.06mg (4.26%), Vitamin B3: 0.83mg (4.13%), Copper: 0.07mg (3.39%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.28mg (2.78%), Selenium: 0.8µg (1.14%)