



Roasted Vegetable Salad



Vegetarian



Vegan



Dairy Free

READY IN



83 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz snack peppers sweet assorted mini quartered
- ☐ 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

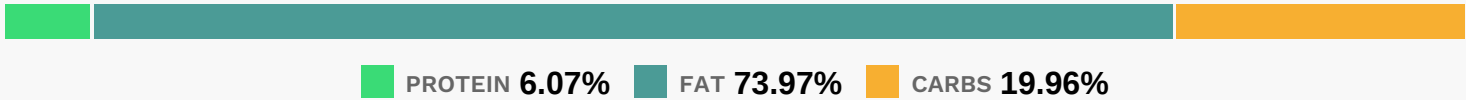
☐ frying pan

☐ 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



Properties

Glycemic Index:35.17, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:14.22956511767%

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: 130.25kcal (6.51%), Fat: 11.32g (17.42%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.81g (1.75%), Sugar: 4.48g (4.98%), Cholesterol: 0mg (0%), Sodium: 343.64mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 73.1mg (88.61%), Vitamin K: 85.18µg (81.13%), Vitamin A: 1744.47IU (34.89%), Folate: 72.04µg (18.01%), Vitamin B6: 0.31mg (15.47%), Vitamin E: 2.11mg (14.05%), Manganese: 0.25mg (12.62%), Potassium: 348.66mg (9.96%), Fiber: 2.07g (8.28%), Calcium: 59.56mg (5.96%), Vitamin B2: 0.1mg (5.85%), Magnesium: 20.99mg (5.25%), Phosphorus: 48.71mg (4.87%), Iron: 0.81mg (4.51%), Vitamin B1: 0.06mg (4.21%), Vitamin B3: 0.81mg (4.04%), Copper: 0.06mg (3%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.41mg (2.71%), Selenium: 0.79µg (1.13%)