



Roasted Vegetable Salad with Honey Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium fennel bulb ends trimmed cut into 8 wedges
- ☐ 2 tbsp honey
- ☐ 1 teaspoon kosher salt divided
- ☐ 6 oz the salad mixed loosely packed
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 teaspoon pepper divided
- ☐ 1 bell pepper red cut into 1-in. chunks
- ☐ 1 medium onion red cut into 8 wedges

- ☐ 0.5 pound potatoes – remove skin red cut in half
- ☐ 2 tablespoons red wine vinegar such as kimberley brand
- ☐ 0.5 pound sweet potatoes and into peeled cut into 1-in. chunks (often labeled "yams")
- ☐ 0.5 cup walnut pieces coarsely chopped

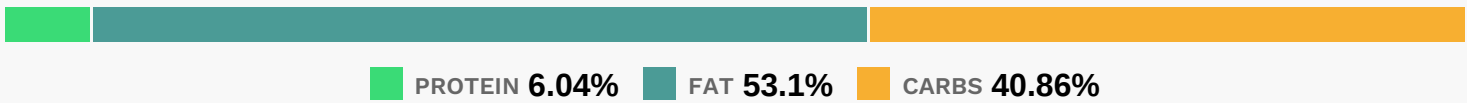
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Toss onion, sweet and red potatoes, fennel, and bell pepper in a large bowl with 3 tbsp. oil and 1/2 tsp. each salt and pepper.
- ☐ Transfer vegetables to a rimmed baking sheet.
- ☐ Roast vegetables until tender and golden, about 40 minutes, turning over halfway through baking time. About 10 minutes before they're done, sprinkle walnuts on baking sheet with vegetables and toast until golden.
- ☐ Meanwhile, in a small bowl, whisk together 1 tbsp. oil, the vinegar, honey, and 1/2 tsp. each salt and pepper.
- ☐ Toss greens in a large bowl with one-quarter of dressing; divide among plates.
- ☐ Let vegetables cool about 5 minutes, then transfer to the large bowl. Toss with walnuts and about two-thirds of remaining dressing; spoon over greens.
- ☐ Serve with remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:66.57, Glycemic Load:12.46, Inflammation Score:-10, Nutrition Score:23.036956445031%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 386.13kcal (19.31%), Fat: 23.92g (36.8%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 34.72g (12.63%), Sugar: 16.82g (18.69%), Cholesterol: 0mg (0%), Sodium: 668.22mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin A: 9547.01IU (190.94%), Vitamin C: 63.52mg (76.99%), Manganese: 1.05mg (52.28%), Vitamin K: 50.61µg (48.2%), Potassium: 947.1mg (27.06%), Fiber: 6.7g (26.79%), Copper: 0.48mg (24.07%), Vitamin B6: 0.48mg (23.92%), Vitamin E: 3.09mg (20.61%), Folate: 81.51µg (20.38%), Magnesium: 72.08mg (18.02%), Phosphorus: 175.19mg (17.52%), Iron: 2.28mg (12.64%), Vitamin B1: 0.19mg (12.53%), Vitamin B3: 2.08mg (10.4%), Vitamin B5: 1.02mg (10.24%), Vitamin B2: 0.15mg (8.92%), Calcium: 83.41mg (8.34%), Zinc: 1.17mg (7.8%), Selenium: 2.2µg (3.14%)