



 **63%**
HEALTH SCORE

Roasted Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



55 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 small butternut squash cubed
- 2 tablespoons rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.3 cup olive oil
- 2 bell peppers diced red seeded
- 1 onion red quartered
- 12 servings salt and pepper black freshly ground

- 1 sweet potatoes and into cubed peeled
- 3 yukon gold potatoes cubed

Equipment

- bowl
- oven
- roasting pan

Directions

- Preheat oven to 475 degrees F (245 degrees C).
- In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
- In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated.
- Spread evenly on a large roasting pan.
- Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:13.529999893645%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 129.27kcal (6.46%), Fat: 4.71g (7.25%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 17.83g (6.48%), Sugar: 4.11g (4.57%), Cholesterol: 0mg (0%), Sodium: 17.43mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin A: 9975.66IU (199.51%), Vitamin C: 49.02mg (59.42%), Vitamin B6: 0.33mg (16.66%), Manganese: 0.3mg (15.17%), Potassium: 527.76mg (15.08%), Fiber: 3.48g (13.91%), Vitamin E: 1.92mg (12.78%), Magnesium: 40.76mg (10.19%), Folate: 37.25µg (9.31%), Vitamin B1: 0.13mg (8.44%), Vitamin B3: 1.52mg (7.61%), Copper: 0.13mg (6.63%), Iron: 1.17mg (6.48%), Phosphorus: 63.02mg (6.3%), Vitamin B5: 0.61mg (6.07%), Vitamin K: 5.72µg (5.44%), Calcium: 48.87mg (4.89%), Vitamin B2: 0.06mg (3.55%), Zinc: 0.36mg (2.37%)