



Roasted Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



17 kcal

SIDE DISH

Ingredients

- 1 small eggplant
- 4 cloves garlic peeled chopped
- 0.5 cup lite house dressing italian kraft
- 1 medium onion
- 2 medium jalapeño peppers
- 2 medium pasilla peppers red
- 1 small zucchini

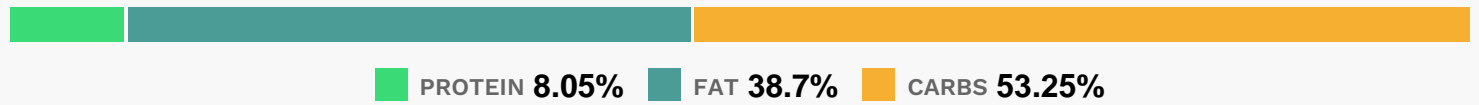
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 425F. Cover 2 baking sheets with foil; lightly spray with cooking spray.
- Cut vegetables into bite-sized pieces; toss with dressing.
- Spread evenly onto prepared baking sheets.
- Bake 25 min. or until vegetables are tender and peppers are blackened, turning vegetables over after 10 min.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:2.2082608834557%

Flavonoids

Delphinidin: 11.21mg, Delphinidin: 11.21mg, Delphinidin: 11.21mg, Delphinidin: 11.21mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 16.8kcal (0.84%), Fat: 0.78g (1.2%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 34.53mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin C: 15.42mg (18.69%), Vitamin A: 249.12IU (4.98%), Vitamin K: 3.34µg (3.18%), Manganese: 0.06mg (3.15%), Vitamin B6: 0.06mg (3.08%), Fiber: 0.75g (2.98%), Potassium: 73.8mg (2.11%), Folate: 8.1µg (2.03%), Vitamin E: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.13%), Magnesium: 4.5mg (1.13%), Vitamin B3: 0.21mg (1.05%), Copper: 0.02mg (1.05%)