

Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves crushed
- ☐ 8 carrots diced
- ☐ 16 cherry tomatoes
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 eggplant diced peeled
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 bell pepper red sliced
- ☐ 2 onions red sliced
- ☐ 24 servings salt and pepper to taste
- ☐ 1 bell pepper yellow sliced
- ☐ 8 zucchini peeled chopped

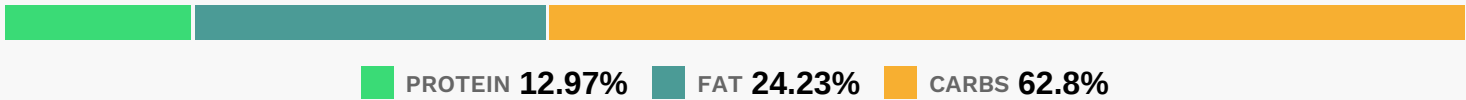
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ In a large bowl mix the zucchini, eggplant, carrots, tomatoes, onions and peppers with the oil, rosemary, thyme, bay leaves, oregano, garlic, lemon juice, lemon zest, salt and pepper. Cover and chill for at least 2 hours, and preferably overnight.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ On a large roasting pan, roast the vegetables, uncovered, for 20 minutes, or until the tomatoes have split and the edges of some of the vegetables are starting to crisp.
- ☐ Remove from the oven and stir before returning to the oven for another 20 minutes. At this time reduce heat to 200 degrees F (95 degrees C) and continue cooking until vegetables are tender, turning every 20 minutes.

Nutrition Facts



Properties

Glycemic Index:10.66, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:9.3043477457503%

Flavonoids

Delphinidin: 16.35mg, Delphinidin: 16.35mg, Delphinidin: 16.35mg, Delphinidin: 16.35mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 41.57kcal (2.08%), Fat: 1.25g (1.93%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 215.46mg (9.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin A: 3756.49IU (75.13%), Vitamin C: 32.72mg (39.66%), Manganese: 0.24mg (11.85%), Vitamin B6: 0.2mg (9.92%), Potassium: 342.3mg (9.78%), Fiber: 2.25g (9.01%), Vitamin K: 8.54µg (8.13%), Folate: 31.13µg (7.78%), Vitamin B2: 0.09mg (5.4%), Magnesium: 20.49mg (5.12%), Phosphorus: 45.55mg (4.55%), Vitamin B1: 0.06mg (4.26%), Copper: 0.08mg (3.98%), Vitamin B3: 0.79mg (3.96%), Vitamin E: 0.56mg (3.76%), Iron: 0.59mg (3.26%), Vitamin B5: 0.3mg (2.97%), Calcium: 26.14mg (2.61%), Zinc: 0.35mg (2.33%)