



Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients



1 medium eggplant cubed peeled



1 tablespoon rosemary leaves fresh chopped



0.3 cup olive oil



1 onion peeled cut into eighths



0.3 teaspoon pepper



1 bell pepper red cut into 1-inch pieces



0.3 teaspoon salt



1 large sweet potatoes and into peeled sliced

☐ 2 zucchini sliced

Equipment

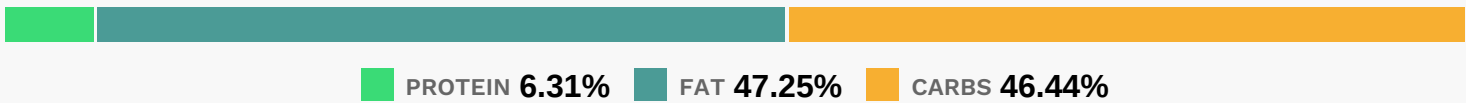
☐ oven

☐ aluminum foil

Directions

- ☐ Sprinkle eggplant with salt, and let stand 30 minutes. Pat dry.
- ☐ Preheat oven to 40
- ☐ Toss together eggplant and remaining ingredients, and arrange in a single layer in 2 aluminum foil-lined jelly-roll pans.
- ☐ Bake at 400 for 30 minutes or until vegetables are tender and golden brown. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:12.408695578575%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 128.71kcal (6.44%), Fat: 7.11g (10.93%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 11.63g (4.23%), Sugar: 6.23g (6.92%), Cholesterol: 0mg (0%), Sodium: 102.47mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin A: 6614.31IU (132.29%), Vitamin C: 31.16mg (37.77%), Manganese: 0.37mg (18.71%), Fiber: 4.08g (16.32%), Vitamin B6: 0.28mg (13.88%), Potassium: 456.26mg (13.04%), Vitamin E: 1.55mg (10.34%), Folate: 38.77µg (9.69%), Vitamin K: 9.83µg (9.36%), Magnesium: 30.96mg (7.74%), Copper: 0.15mg (7.3%), Vitamin B5: 0.67mg (6.68%), Vitamin B2: 0.11mg (6.47%), Vitamin B1: 0.09mg

(6.14%), Phosphorus: 60.45mg (6.05%), Vitamin B3: 0.99mg (4.97%), Iron: 0.73mg (4.03%), Calcium: 31.13mg (3.11%), Zinc: 0.44mg (2.93%)