



HEALTH SCORE

60%

Roasted Vegetables and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**20 min.**

SERVINGS

**6**

CALORIES

**451 kcal**

SIDE DISH

Ingredients



0.5 cup roasted almonds salted chopped



17 oz brown and rice mix wild ready-to-serve



2 tablespoons olive oil



0.5 teaspoon pepper freshly ground



1 large bell pepper diced red



1 teaspoon lawry's seasoned salt



1 large onion diced sweet



1 pound baby squash diced yellow

☐ 1 pound zucchini diced

Equipment

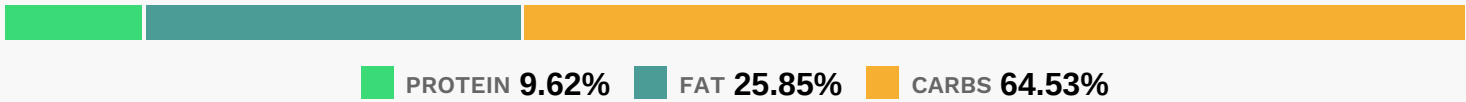
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Toss together first 7 ingredients until vegetables are well coated.
- ☐ Place vegetables in a single layer in a jelly-roll pan.
- ☐ Bake at 450 for 20 minutes. Stir vegetables, and bake 20 more minutes or until slightly crisp and golden.
- ☐ Prepare rice according to package directions. Stir together rice, almonds, and hot vegetables.
- ☐ Note: For testing purposes only, we used Uncle Ben's Ready Whole Grain Medley Brown and Wild Rice.
- ☐ To make ahead: Prepare vegetables as directed through Step
- ☐ Let cool completely.
- ☐ Transfer to airtight containers or heavy-duty zip-top plastic freezer bags, and freeze up to one month. Thaw in refrigerator 8 to 24 hours. Reheat in a large skillet over medium-high heat, stirring often, 5 to 6 minutes or until thoroughly heated and any extra liquid is reduced. Proceed with recipe as directed, or use vegetables as desired.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:35.6, Inflammation Score:-9, Nutrition Score:25.986521684605%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 451.15kcal (22.56%), Fat: 13.28g (20.42%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 74.56g (24.85%), Net Carbohydrates: 67.64g (24.6%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 404.11mg (17.57%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 11.1g (22.22%), Manganese: 3.64mg (181.99%), Vitamin C: 64.02mg (77.6%), Magnesium: 182.04mg (45.51%), Vitamin B6: 0.86mg (43.25%), Phosphorus: 349.09mg (34.91%), Vitamin B1: 0.46mg (30.94%), Vitamin E: 4.35mg (28.99%), Fiber: 6.92g (27.68%), Vitamin B3: 4.94mg (24.72%), Potassium: 823.66mg (23.53%), Vitamin A: 1159.78IU (23.2%), Copper: 0.46mg (23.1%), Vitamin B2: 0.38mg (22.55%), Folate: 86.67µg (21.67%), Zinc: 2.6mg (17.32%), Vitamin B5: 1.67mg (16.7%), Iron: 2.74mg (15.22%), Vitamin K: 10.11µg (9.62%), Calcium: 95.97mg (9.6%), Selenium: 1.1µg (1.58%)