



Roasted Vegetables with Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 1.5 pounds baking potatoes peeled cut into approximately 4-by-1/2-inch sticks (3)
- ☐ 5 carrots cut into approximately 2 1/2-by-1/2-inch sticks
- ☐ 1 pinch cayenne
- ☐ 3 cloves garlic minced
- ☐ 3 hard-cooked eggs peeled quartered
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 cup mayonnaise

- ☐ 5 tablespoons olive oil
- ☐ 2 bell peppers red cut into 1/2-inch strips
- ☐ 4 servings salt

Equipment

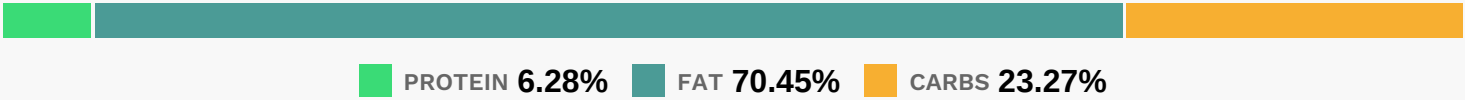
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat the oven to 45
- ☐ In a small bowl, combine the mayonnaise, garlic, 2 tablespoons of the oil, the lemon juice, cayenne, and a pinch of salt.
- ☐ Mix well and refrigerate until ready to use.
- ☐ Put the potatoes and carrots on a large baking sheet and toss them with 2 tablespoons of the oil and 1/2 teaspoon salt.
- ☐ Spread the vegetables out in a single layer and roast them in the oven for 15 minutes.
- ☐ Meanwhile, put the bell-pepper strips on a second large baking sheet and toss them with 1 teaspoon of the oil and 1/8 teaspoon salt. After 15 minutes, take the first pan out of the oven and turn the vegetables with a spatula. Put both pans in the oven and roast for 5 minutes. Toss the asparagus with the remaining 2 teaspoons of oil and 1/8 teaspoon salt.
- ☐ Put the asparagus on the pan with the peppers. Roast until all the vegetables are tender, about 10 minutes longer.
- ☐ Serve the roasted vegetables and hard-cooked eggs with the aioli.
- ☐ Variations
- ☐ Plenty of other vegetables lend themselves to roasting. Try wedges of sweet potato or fennel, whole scallions or mushrooms, or halved Brussels sprouts.
- ☐ Wine Recommendation: Roasted vegetables and pungent aioli are best partnered with a fairly neutral-flavored, high-acid wine with some body. Italy's Collio region produces delicious pinot

grigos that perfectly match that description.

Nutrition Facts



Properties

Glycemic Index:76.9, Glycemic Load:28.36, Inflammation Score:-10, Nutrition Score:34.816087017889%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.19mg, Quercetin: 16.19mg, Quercetin: 16.19mg, Quercetin: 16.19mg

Nutrients (% of daily need)

Calories: 800.98kcal (40.05%), Fat: 64.02g (98.49%), Saturated Fat: 10.34g (64.65%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 39.54g (14.38%), Sugar: 10.08g (11.2%), Cholesterol: 163.4mg (54.47%), Sodium: 662.4mg (28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.67%), Vitamin A: 15702.3IU (314.05%), Vitamin K: 165.2µg (157.33%), Vitamin C: 97.67mg (118.38%), Vitamin B6: 1.05mg (52.35%), Vitamin E: 7.49mg (49.97%), Potassium: 1376.75mg (39.34%), Folate: 144.16µg (36.04%), Manganese: 0.67mg (33.71%), Fiber: 8.03g (32.13%), Vitamin B2: 0.52mg (30.39%), Iron: 5.08mg (28.21%), Vitamin B1: 0.42mg (27.95%), Phosphorus: 274.5mg (27.45%), Selenium: 16.59µg (23.69%), Copper: 0.46mg (22.83%), Vitamin B3: 4.24mg (21.22%), Magnesium: 76.24mg (19.06%), Vitamin B5: 1.85mg (18.54%), Zinc: 1.94mg (12.95%), Calcium: 106.33mg (10.63%), Vitamin B12: 0.48µg (8.06%), Vitamin D: 0.94µg (6.25%)