



Roasted Vegetables with Basil (Crowd Size)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



68 kcal

SIDE DISH

Ingredients

- 3 cups baby carrots cut in half lengthwise
- 0.3 cup basil fresh shredded
- 1 cup corn frozen
- 4.5 cups green beans whole frozen
- 2 tablespoons spring onion sliced
- 0.5 cup salad dressing italian
- 2 cups bell pepper red coarsely chopped

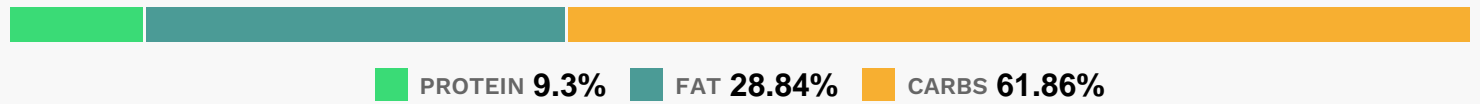
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 450F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix carrots, bell peppers, corn and dressing.
- Spread in pan. Roast uncovered 30 minutes.
- Add frozen green beans to vegetable mixture in pan; stir to mix.
- Roast uncovered 25 to 30 minutes longer or until vegetables are crisp-tender.
- Sprinkle with onions and basil; stir gently to mix.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:11.99956525927%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 67.85kcal (3.39%), Fat: 2.39g (3.67%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 8.53g (3.1%), Sugar: 4.99g (5.55%), Cholesterol: 0mg (0%), Sodium: 126.53mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 5515.38IU (110.31%), Vitamin C: 38.96mg (47.22%), Vitamin K: 31.59µg (30.09%), Fiber: 2.98g (11.93%), Folate: 40.16µg (10.04%), Manganese: 0.2mg (9.87%), Vitamin B6: 0.2mg (9.81%), Potassium: 268.16mg (7.66%), Magnesium: 21.9mg (5.48%), Iron: 0.97mg (5.37%), Vitamin E: 0.79mg (5.24%), Vitamin B2: 0.09mg (5.22%), Vitamin B1: 0.07mg (4.91%), Vitamin B3: 0.98mg (4.89%), Phosphorus: 45.17mg (4.52%), Copper: 0.08mg (3.82%), Vitamin B5: 0.34mg (3.42%), Calcium: 30.67mg (3.07%), Zinc: 0.33mg (2.18%), Selenium: 0.87µg (1.25%)