



Roasted Vegetables with Spicy Aioli Dip

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



84 kcal

SIDE DISH

Ingredients

- 1 cup salad dressing
- 0.5 cup cream sour
- 0.5 cup ranch dressing
- 1 serving chives fresh
- 4 medium bell pepper red cut into 1 1/2-inch squares
- 2 medium onion red cut into wedges
- 4 small to 3 sized squashes yellow 1-inch-thick cut into slices
- 0.5 lb green beans fresh trimmed

- 24 mushrooms fresh whole
- 2 tablespoons vegetable oil
- 2 teaspoons lawry's seasoned salt

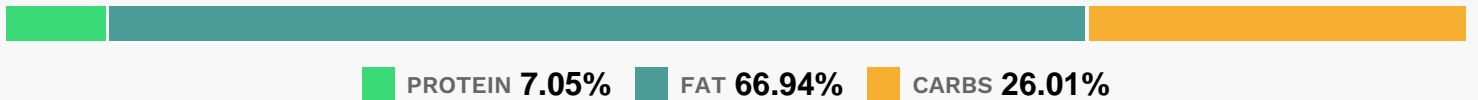
Equipment

- bowl
- oven
- roasting pan

Directions

- In medium bowl, mix mayonnaise, sour cream and dressing until smooth. Refrigerate at least 30 minutes to blend flavors.
- Garnish with chives.
- Meanwhile, heat oven to 450°F. In large bowl, toss vegetables with oil and seasoned salt to coat evenly. Arrange vegetables in ungreased large shallow roasting pan, at least 16x12 inches.
- Bake 15 to 20 minutes or until crisp-tender. Refrigerate vegetables at least 8 hours or overnight, and serve cold with dip.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:6.6534782699917%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 83.82kcal (4.19%), Fat: 6.55g (10.07%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.81g (4.24%), Cholesterol: 4.13mg (1.38%), Sodium: 340.68mg (14.81%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.55g (3.1%), Vitamin C: 31.09mg (37.68%), Vitamin K: 20.09µg (19.13%), Vitamin A: 762.79IU (15.26%), Vitamin B2: 0.15mg (8.82%), Vitamin B6: 0.16mg (7.78%), Potassium: 207.88mg (5.94%), Folate: 23.62µg (5.9%), Vitamin B3: 1.11mg (5.56%), Vitamin E: 0.82mg (5.44%), Manganese: 0.1mg (5.23%), Phosphorus: 50.51mg (5.05%), Fiber: 1.24g (4.98%), Vitamin B5: 0.48mg (4.81%), Copper: 0.09mg (4.55%), Selenium: 2.57µg (3.67%), Vitamin B1: 0.05mg (3.47%), Magnesium: 12.04mg (3.01%), Iron: 0.42mg (2.32%), Zinc: 0.28mg (1.87%), Calcium: 18.21mg (1.82%)