



Roasted Vegetables with Spicy Aïoli Dip



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 24 servings chives fresh
- ☐ 0.5 lb green beans fresh trimmed
- ☐ 24 mushrooms fresh whole
- ☐ 0.5 cup ranch dressing
- ☐ 4 medium bell pepper red cut into 1 1/2-inch squares
- ☐ 2 medium onion red cut into wedges
- ☐ 1 cup salad dressing
- ☐ 2 teaspoons lawry's seasoned salt

- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 4 small to 3 sized squashes yellow 1-inch-thick cut into slices

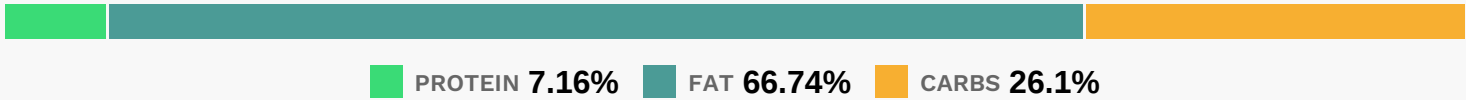
Equipment

- ☐ 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 450F. 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:0.92, Inflammation Score:-6, Nutrition Score:6.8613043660703%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 84.11kcal (4.21%), Fat: 6.55g (10.08%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.83g (4.26%), Cholesterol: 4.13mg (1.38%), Sodium: 340.71mg (14.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 31.64mg (38.36%), Vitamin K: 22.13µg (21.08%), Vitamin A: 804.51IU (16.09%), Vitamin B2: 0.15mg (8.88%), Vitamin B6: 0.16mg (7.84%), Folate: 24.62µg (6.16%), Potassium: 210.71mg (6.02%), Vitamin B3: 1.12mg (5.59%), Vitamin E: 0.82mg (5.45%), Manganese: 0.11mg (5.41%), Phosphorus: 51.07mg (5.11%), Fiber: 1.27g (5.08%), Vitamin B5: 0.48mg (4.85%), Copper: 0.09mg (4.62%), Selenium: 2.58µg (3.68%), Vitamin B1: 0.05mg (3.52%), Magnesium: 12.45mg (3.11%), Iron: 0.43mg (2.4%), Zinc: 0.29mg (1.91%), Calcium: 19.1mg (1.91%)