



Roasted Vegetables with Sun-Dried Tomato Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 pound eggplant
- 1.5 cups mushrooms halved
- 1 tablespoon olive oil
- 1 Dash pepper
- 2 cups potatoes red sliced () (10 ounces)
- 0.1 teaspoon salt

- 3 tablespoons sun-dried tomato pesto
- 2 cups zucchini diagonally sliced ()

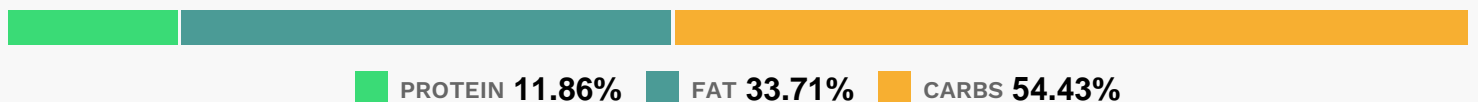
Equipment

- bowl
- oven
- roasting pan

Directions

- Combine first 4 ingredients in a large bowl; stir well.
- Add potato, zucchini, mushrooms, and eggplant; toss well to coat.
- Let stand 3 minutes. Arrange half of vegetables in a single layer on a jelly-roll or shallow roasting pan coated with cooking spray.
- Bake at 475 for 10 minutes. Turn vegetables over, and bake an additional 10 minutes or until tender and lightly browned. Repeat with remaining vegetables.
- Combine the vegetables and Sun-dried Tomato Pesto in a large bowl, and toss gently to coat.
- Garnish with basil sprigs, if desired.
- Note: Substitute sliced red onion and bell pepper for mushrooms and eggplant, if desired.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:10.422173912758%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 5.16g (7.94%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 13.36g (4.86%), Sugar: 8.85g (9.83%), Cholesterol: 0.9mg (0.3%), Sodium: 193.75mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Manganese: 0.46mg (22.82%), Vitamin C: 18mg

(21.82%), Fiber: 5.39g (21.54%), Potassium: 715.95mg (20.46%), Vitamin B2: 0.26mg (15.1%), Vitamin B6: 0.3mg (14.88%), Copper: 0.29mg (14.6%), Vitamin B3: 2.75mg (13.73%), Folate: 52.7µg (13.18%), Vitamin B5: 1.09mg (10.89%), Phosphorus: 106.17mg (10.62%), Magnesium: 39.53mg (9.88%), Vitamin K: 9.87µg (9.4%), Vitamin B1: 0.13mg (8.78%), Iron: 1.15mg (6.42%), Vitamin E: 0.93mg (6.17%), Selenium: 4µg (5.72%), Zinc: 0.7mg (4.65%), Vitamin A: 225.41IU (4.51%), Calcium: 38.2mg (3.82%)