



Roasted Vegetables with Tarragon Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.5 cup salad dressing
- 0.5 cup cream sour
- 0.3 cup dijon mustard
- 2 teaspoons honey
- 0.5 teaspoon tarragon dried
- 0.1 teaspoon salt
- 0.5 lb green beans fresh
- 1 medium bell pepper red yellow cut into 1- to 1 1/2-inch pieces

- 2 cups cauliflower florets
- 1 tablespoon tarragon dried fresh chopped
- 1 tablespoon vegetable oil
- 0.3 teaspoon lawry's seasoned salt
- 1 sprigs tarragon

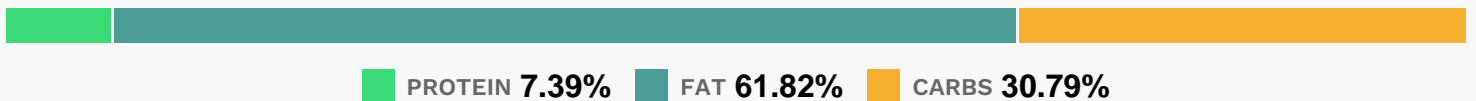
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray. In medium bowl, mix all dip ingredients until well blended. Cover; refrigerate until serving time.
- In large bowl, mix all vegetable ingredients.
- Spread evenly in pan.
- Bake uncovered 15 to 20 minutes or until vegetables are crisp-tender.
- Serve warm with dip.
- Garnish with tarragon sprigs.

Nutrition Facts



Properties

Glycemic Index:46.53, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:8.03260862309%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 111.55kcal (5.58%), Fat: 8.1g (12.47%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.03g (5.58%), Cholesterol: 8.48mg (2.83%), Sodium: 355.25mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin C: 43.66mg (52.92%), Vitamin K: 27.75µg (26.43%), Manganese: 0.26mg (12.86%), Vitamin B6: 0.16mg (8.11%), Folate: 32.34µg (8.09%), Vitamin A: 378.23IU (7.56%), Fiber: 1.83g (7.32%), Potassium: 246.76mg (7.05%), Iron: 1.05mg (5.83%), Magnesium: 22.9mg (5.73%), Vitamin B2: 0.09mg (5.58%), Selenium: 3.91µg (5.58%), Calcium: 53.37mg (5.34%), Phosphorus: 50.86mg (5.09%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.06mg (4.24%), Vitamin B3: 0.66mg (3.29%), Copper: 0.07mg (3.28%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.32mg (2.14%)