



Roasted Vegetables with Tarragon Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cauliflower florets
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 lb green beans fresh
- ☐ 2 teaspoons honey
- ☐ 0.5 cup salad dressing
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.5 cup cream sour

- ☐ 1 sprigs tarragon
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 tablespoon vegetable oil
- ☐ 1 medium bell pepper red yellow cut into 1- to 1 1/2-inch pieces

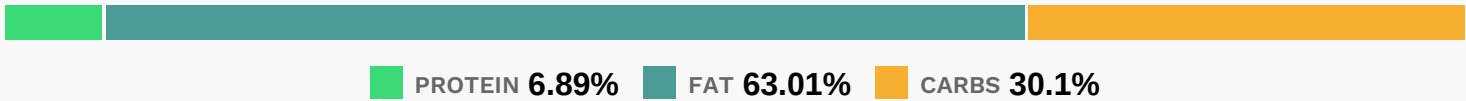
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450F. 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:37.78, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:7.4743478350017%

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, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 108.97kcal (5.45%), Fat: 8.04g (12.37%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 6.88g (2.5%), Sugar: 5.03g (5.58%), Cholesterol: 8.48mg (2.83%), Sodium: 354.7mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 43.22mg (52.39%), Vitamin K: 27.75µg (26.43%), Manganese: 0.19mg (9.38%), Folate: 29.94µg (7.49%), Fiber: 1.77g (7.06%), Vitamin B6: 0.14mg (7.05%), Vitamin A: 341.48IU (6.83%), Potassium: 220.34mg (6.3%), Selenium: 3.87µg (5.52%), Magnesium: 19.87mg (4.97%), Vitamin B2: 0.08mg (4.89%), Phosphorus: 48.12mg (4.81%), Vitamin E: 0.68mg (4.53%), Calcium: 43.4mg (4.34%), Iron: 0.77mg (4.26%), Vitamin B1: 0.06mg (4.09%), Vitamin B5: 0.33mg (3.28%), Copper: 0.06mg (2.98%), Vitamin B3: 0.58mg (2.9%), Zinc: 0.29mg (1.91%)