



Roasted Veggie Pasta Salad

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small butternut squash peeled cut into 1-inch pieces
- 2 cups water
- 1 medium eggplant cut into 1-inch pieces
- 1 large zucchini cut into 1-inch pieces
- 1 medium bell pepper sweet red cut into 1-inch pieces
- 1 medium onion red cut into 1-inch pieces
- 0.5 cup olive oil
- 1 teaspoon marjoram dried

- 16 ounces rotini pasta
- 0.5 cup salad dressing italian
- 0.3 cup basil fresh minced
- 0.3 cup basil fresh minced
- 1 teaspoon salt
- 0.5 teaspoon pepper

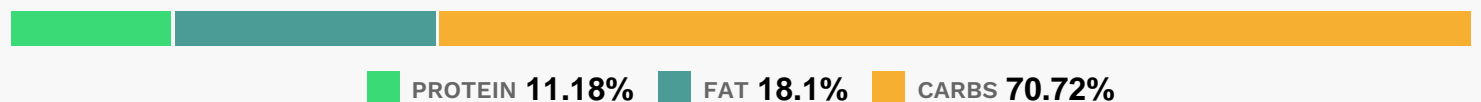
Equipment

- bowl
- oven
- whisk
- baking pan
- microwave

Directions

- Place the squash and water in a microwave-safe bowl. Cover and cook for 10 minutes or until tender; drain.
- Arrange the squash, eggplant, zucchini, red pepper and onion in a greased 15x10x1-in. baking pan. In a small bowl, whisk oil and marjoram until combined.
- Drizzle over vegetables.
- Bake, uncovered, at 450° for 30 minutes or until tender. Meanwhile, cook pasta according to package directions; drain.
- In a large bowl, combine the pasta and roasted vegetables. Stir in the salad dressing, basil, salt and pepper.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:18.14, Inflammation Score:-10, Nutrition Score:22.208695577539%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 342.9kcal (17.14%), Fat: 7.05g (10.85%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 62g (20.67%), Net Carbohydrates: 55.59g (20.21%), Sugar: 9.41g (10.45%), Cholesterol: 0mg (0%), Sodium: 452.31mg (19.67%), Alcohol: 0g (100%), Protein: 9.8g (19.6%), Vitamin A: 10611.66IU (212.23%), Vitamin C: 48.57mg (58.87%), Selenium: 36.94µg (52.78%), Manganese: 0.99mg (49.36%), Fiber: 6.42g (25.67%), Potassium: 763.08mg (21.8%), Vitamin K: 21.97µg (20.92%), Magnesium: 82.92mg (20.73%), Vitamin B6: 0.41mg (20.54%), Phosphorus: 178.32mg (17.83%), Vitamin E: 2.59mg (17.3%), Folate: 68.33µg (17.08%), Copper: 0.33mg (16.35%), Vitamin B3: 2.84mg (14.19%), Vitamin B1: 0.2mg (13.55%), Iron: 1.89mg (10.52%), Vitamin B5: 0.93mg (9.32%), Zinc: 1.25mg (8.35%), Calcium: 80.07mg (8.01%), Vitamin B2: 0.13mg (7.63%)