



Roasted Winter Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 pounds acorn squash cubed peeled
- ☐ 12 cups baby salad greens mixed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon rosemary dried
- ☐ 4 cups fennel bulb chopped (4 small bulbs)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup dressing fat-free italian divided
- ☐ 3.5 teaspoons olive oil divided

- ☐ 2 onions cut into 1/2-inch-thick wedges
- ☐ 0.8 teaspoon salt divided

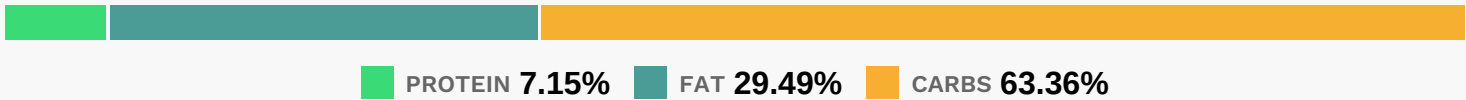
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine 1/4 cup dressing, rosemary, 2 teaspoons olive oil, 1/2 teaspoon salt, and ground red pepper, stirring well with a whisk.
- ☐ Combine acorn squash, fennel, and onion in a large bowl.
- ☐ Add dressing mixture, tossing to coat.
- ☐ Spread vegetable mixture evenly in a roasting pan coated with cooking spray. Roast at 450 for 45 minutes or until vegetables are tender, stirring occasionally. Set aside.
- ☐ Place salad greens in a bowl.
- ☐ Add 1/4 cup salad dressing, 1 1/2 teaspoons olive oil, 1/4 teaspoon salt, and balsamic vinegar; toss well.
- ☐ Add roasted vegetable mixture, tossing gently.
- ☐ carbo rating: 13

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:8.7199999715971%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 96.84kcal (4.84%), Fat: 3.44g (5.29%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 13.99g (5.09%), Sugar: 3.38g (3.75%), Cholesterol: 0mg (0%), Sodium: 272.28mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin C: 24.59mg (29.8%), Vitamin K: 24.5µg (23.34%), Vitamin A: 861.56IU (17.23%), Potassium: 555.71mg (15.88%), Manganese: 0.3mg (15.18%), Vitamin B6: 0.22mg (11.03%), Magnesium: 42.3mg (10.57%), Fiber: 2.64g (10.57%), Folate: 42.25µg (10.56%), Vitamin B1: 0.16mg (10.52%), Phosphorus: 71.54mg (7.15%), Iron: 1.22mg (6.79%), Calcium: 57.07mg (5.71%), Copper: 0.11mg (5.53%), Vitamin B3: 1.1mg (5.52%), Vitamin B5: 0.52mg (5.16%), Vitamin E: 0.57mg (3.78%), Vitamin B2: 0.04mg (2.59%), Zinc: 0.31mg (2.04%), Selenium: 1.13µg (1.61%)