



Roasted Winter Vegetable Trio

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb brussels sprouts trimmed cut in half
- 1 lb carrots peeled cut into 1-inch pieces
- 1 tsp pepper red crushed
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 lb new potatoes red cut into quarters
- 1 cup planters walnuts coarsely chopped

Equipment

- baking sheet

oven

Directions

Heat oven to 400F.

Toss vegetables with dressing and crushed pepper; spread onto rimmed baking sheet.

Bake 15 min.

Stir in nuts.

Bake 20 min. or until potatoes are tender.

Nutrition Facts



PROTEIN 9.92% **FAT 49.24%** **CARBS 40.84%**

Properties

Glycemic Index:3.65, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:4.4286957279496%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 35.66kcal (1.78%), Fat: 2.08g (3.21%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.02g (1.13%), Cholesterol: 0mg (0%), Sodium: 33.11mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin A: 1597.3IU (31.95%), Vitamin K: 18.85µg (17.95%), Vitamin C: 10.07mg (12.21%), Manganese: 0.14mg (6.94%), Fiber: 0.97g (3.88%), Vitamin B6: 0.07mg (3.7%), Potassium: 115.59mg (3.3%), Copper: 0.06mg (2.91%), Folate: 11.01µg (2.75%), Phosphorus: 23.17mg (2.32%), Vitamin B1: 0.03mg (2.29%), Magnesium: 9.14mg (2.28%), Iron: 0.31mg (1.7%), Vitamin E: 0.22mg (1.49%), Vitamin B3: 0.29mg (1.43%), Vitamin B2: 0.02mg (1.19%), Zinc: 0.16mg (1.08%), Calcium: 10.62mg (1.06%)