



Roasted Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic jarred minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 pound zucchini

Equipment

- ☐ baking sheet

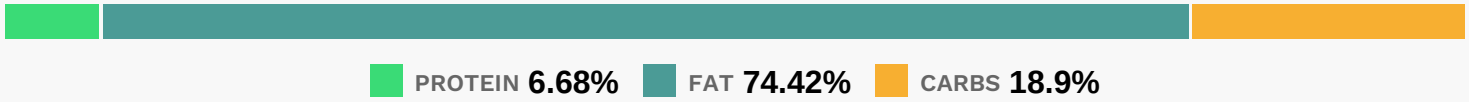
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 oven

Directions

- ☐ Preheat oven to 45
- ☐ Cut zucchini lengthwise into quarters; cut each piece in half crosswise. Toss zucchini with oil and remaining 4 ingredients; arrange zucchini in a single layer on a baking sheet.
- ☐ Bake 15 minutes or until golden brown and tender, turning once after 7 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:5.871739110221%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 84.31kcal (4.22%), Fat: 7.42g (11.42%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 2.79g (1.02%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 304.25mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 20.55mg (24.9%), Manganese: 0.24mg (12.16%), Vitamin K: 12.48µg (11.88%), Vitamin B6: 0.2mg (10.23%), Vitamin E: 1.33mg (8.88%), Potassium: 310.28mg (8.87%), Folate: 28.49µg (7.12%), Vitamin B2: 0.11mg (6.61%), Vitamin A: 309.49IU (6.19%), Fiber: 1.45g (5.8%), Magnesium: 22.33mg (5.58%), Phosphorus: 45.73mg (4.57%), Iron: 0.7mg (3.9%), Vitamin B1: 0.05mg (3.6%), Copper: 0.07mg (3.41%), Calcium: 28.56mg (2.86%), Vitamin B3: 0.57mg (2.84%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.24mg (2.43%)