



Roasted Zucchini and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



43 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 cup grape tomatoes
- ☐ 2 teaspoons olive oil
- ☐ 8 ounce onion refrigerated red
- ☐ 0.3 teaspoon salt
- ☐ 2 medium zucchini coarsely chopped

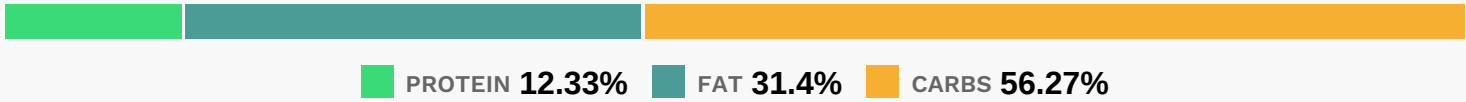
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ Combine first 6 ingredients; toss well.
- ☐ Place on a large rimmed baking sheet.
- ☐ Bake at 500 for 18 minutes or until vegetables are tender and lightly browned, stirring after 12 minutes.
- ☐ Add basil to roasted vegetables; toss gently.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.25, Inflammation Score:-5, Nutrition Score:4.8278260840022%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 42.77kcal (2.14%), Fat: 1.63g (2.51%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 104.93mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin C: 17.95mg (21.76%), Manganese: 0.21mg (10.37%), Vitamin B6: 0.17mg (8.62%), Potassium: 286.69mg (8.19%), Vitamin A: 356.32IU (7.13%), Vitamin K: 7.24µg (6.9%), Folate: 26.83µg (6.71%), Fiber: 1.62g (6.48%), Magnesium: 18.63mg (4.66%), Vitamin B2: 0.08mg (4.51%), Phosphorus: 42.07mg (4.21%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.32%), Vitamin E: 0.42mg (2.77%), Vitamin B3: 0.49mg (2.45%), Iron: 0.42mg (2.31%), Calcium: 22.66mg (2.27%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.2mg (2.04%)