



Roasted Zucchini with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients



1 Tbsp garlic clove fresh minced



1 teaspoon herbs de provence



0.3 cup olive oil



4 servings salt and pepper black freshly ground



1 lb zucchini cut in half across the middle

Equipment



bowl



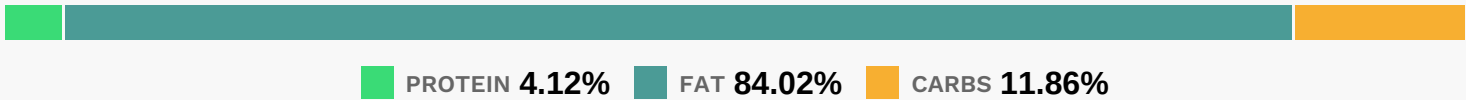
baking sheet

- ☐ oven
- ☐ kitchen timer

Directions

- ☐ Preheat oven to 450°F. Make sure there is a rack on the top rack spot in the oven. Align the zucchini pieces on a cookie sheet, skin down.
- ☐ Mix the garlic in with the oil in a small bowl. Spoon or brush garlic oil over all of the zucchini pieces.
- ☐ Place in heated oven on the top rack. Set the timer for 5 minutes and check to see if the zucchini is beginning to brown at the end of 5 minutes. If not, continue to add 2 or 3 minutes at a time until the zucchini begins to brown. Once it begins to brown, remove from oven and place in a bowl.
- ☐ Mix in Herbes de Provence.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:6.3286955978559%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 142.54kcal (7.13%), Fat: 13.89g (21.38%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.12g (1.13%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 9.84mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin C: 21.05mg (25.51%), Vitamin K: 17.49µg (16.65%), Vitamin E: 2.1mg (14.01%), Manganese: 0.27mg (13.33%), Vitamin B6: 0.21mg (10.57%), Potassium: 307.49mg (8.79%), Folate: 27.98µg (6.99%), Vitamin B2: 0.11mg (6.47%), Magnesium: 21.63mg (5.41%), Fiber: 1.29g (5.18%), Vitamin A: 237.02IU (4.74%), Iron: 0.85mg (4.71%), Phosphorus: 46.81mg (4.68%), Vitamin B1: 0.06mg (3.76%), Copper: 0.07mg (3.48%), Calcium: 27.07mg (2.71%), Vitamin B3: 0.54mg (2.69%), Zinc: 0.4mg (2.68%), Vitamin B5:

0.24mg (2.45%)