



Rosemary Baked Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 12 baby carrots
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1 garlic bulb
- ☐ 0.3 cup olive oil
- ☐ 1 onion quartered
- ☐ 3 potatoes red cut into 1-inch pieces (1 pound)
- ☐ 0.5 teaspoon salt
- ☐ 1 medium size sweet potatoes and into peeled cut into 1-inch pieces

☐ 2 small zucchini cut into 1-inch pieces

Equipment

☐ frying pan

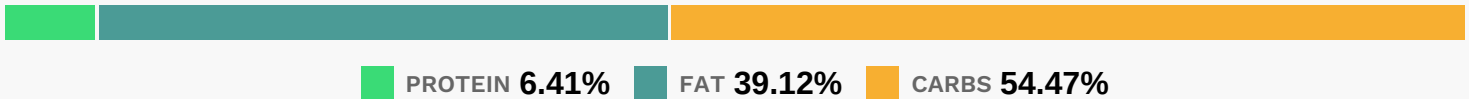
☐ oven

Directions

☐ Toss together all ingredients; place in a single layer in a 15- x 10-inch jelly-roll pan.

☐ Bake at 400 for 45 minutes or until tender. Carefully squeeze pulp from garlic bulb; discard husk. Stir together garlic and vegetables.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:18.564782754235%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 312.49kcal (15.62%), Fat: 14.01g (21.56%), Saturated Fat: 2g (12.5%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 37.54g (13.65%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 380.14mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Vitamin A: 12283.24IU (245.66%), Vitamin C: 28.72mg (34.81%), Potassium: 1185.95mg (33.88%), Manganese: 0.57mg (28.5%), Vitamin B6: 0.56mg (28%), Fiber: 6.36g (25.46%), Copper: 0.37mg (18.7%), Vitamin K: 19.26µg (18.34%), Magnesium: 65.89mg (16.47%), Phosphorus: 163.96mg (16.4%), Folate: 62.55µg (15.64%), Vitamin B1: 0.22mg (14.89%), Vitamin E: 2.18mg (14.56%), Vitamin B3: 2.62mg (13.1%), Iron: 2.15mg (11.96%), Vitamin B5: 1.18mg (11.77%), Vitamin B2: 0.16mg (9.33%), Zinc: 0.99mg (6.62%), Calcium: 60.28mg (6.03%), Selenium: 1.77µg (2.53%)