



Seasoned Oven Roasted Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 1 large bell pepper green cut into 1 1/2-inch pieces
- ☐ 1 large and orange peppers cut into 1 1/2-inch pieces
- ☐ 1 large bell pepper red cut into 1 1/2-inch pieces
- ☐ 1 large onion red cut into 1-inch pieces (4-inch diameter)
- ☐ 1 tablespoon taco seasoning old el paso® (from 1-oz package)
- ☐ 2 tablespoons vegetable oil

Equipment

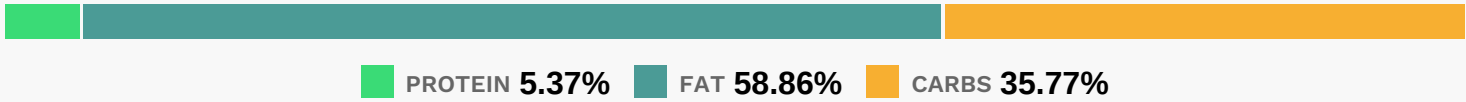
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ In large bowl, mix oil and 1 tablespoon plus 2 teaspoons taco seasoning mix.
- ☐ Add vegetables; toss to coat.
- ☐ Spread in single layer in ungreased 15x10x1-inch pan.
- ☐ Roast uncovered 10 minutes; turn. Roast about 7 minutes longer or until vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:5.1221739354989%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 33.94kcal (1.7%), Fat: 2.38g (3.66%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.9g (2.12%), Cholesterol: 0mg (0%), Sodium: 18.68mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 46.75mg (56.66%), Vitamin A: 926.1IU (18.52%), Vitamin K: 6.56µg (6.24%), Vitamin B6: 0.12mg (6.06%), Vitamin E: 0.67mg (4.46%), Fiber: 1g (4.01%), Folate: 15.68µg (3.92%), Manganese: 0.06mg (2.96%), Potassium: 94.97mg (2.71%), Vitamin B1: 0.03mg (1.78%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.34mg (1.72%), Magnesium: 5.56mg (1.39%), Phosphorus: 12.5mg (1.25%), Vitamin B5: 0.11mg (1.11%), Iron: 0.2mg (1.1%)