

health-score 52%

HEALTH SCORE

Tomato Vegetable Casserole

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings basil sprigs fresh for garnish
- ☐ 2 tablespoons bread crumbs dried italian-style
- ☐ 2 carrots peeled cut into 1/2-inch pieces
- ☐ 5 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 1 medium potatoes peeled cut into 1/2-inch pieces
- ☐ 1 bell pepper red seeded cut into 1/2-inch pieces
- ☐ 1 onion red thinly sliced into rings
- ☐ 6 servings salt and pepper

- ☐ 2 large tomatoes ripe
- ☐ 1 medium yam peeled cut into 1/2-inch pieces
- ☐ 2 small zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the potato, yam, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 by 9 by 2-inch baking dish to coat.
- ☐ Sprinkle with salt and pepper and toss until coated.
- ☐ Spread vegetables evenly over the bottom of the pan.
- ☐ Arrange the onion slices evenly over the vegetable mixture. Arrange the zucchini over the onion.
- ☐ Drizzle with 2 tablespoons of oil.
- ☐ Sprinkle with salt and pepper. Arrange the tomato slices over the zucchini.
- ☐ Stir the Parmesan and bread crumbs in a small bowl to blend.
- ☐ Sprinkle the Parmesan bread crumbs over the vegetables in the baking dish.
- ☐ Drizzle with the last tablespoon of olive oil.
- ☐ Bake uncovered until the vegetables are tender, and the topping is golden brown, about 40 minutes.
- ☐ Garnish with fresh basil sprigs, if desired.

Nutrition Facts



 **PROTEIN 8.99%**  **FAT 42.77%**  **CARBS 48.24%**

Properties

Glycemic Index:65.23, Glycemic Load:15.26, Inflammation Score:-10, Nutrition Score:20.342608790035%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 297.8kcal (14.89%), Fat: 14.53g (22.36%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 30.63g (11.14%), Sugar: 6.06g (6.73%), Cholesterol: 5.67mg (1.89%), Sodium: 382.17mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Vitamin A: 4870.15IU (97.4%), Vitamin C: 62.62mg (75.9%), Potassium: 1121.03mg (32.03%), Manganese: 0.6mg (30.08%), Vitamin B6: 0.55mg (27.25%), Vitamin K: 28.18µg (26.84%), Fiber: 6.25g (25.01%), Vitamin E: 2.79mg (18.61%), Phosphorus: 170.29mg (17.03%), Folate: 62.3µg (15.57%), Calcium: 149.38mg (14.94%), Vitamin B1: 0.22mg (14.38%), Copper: 0.26mg (12.91%), Magnesium: 49.66mg (12.41%), Vitamin B3: 1.98mg (9.88%), Vitamin B2: 0.16mg (9.32%), Iron: 1.51mg (8.38%), Vitamin B5: 0.66mg (6.6%), Zinc: 0.92mg (6.16%), Selenium: 3.53µg (5.04%), Vitamin B12: 0.11µg (1.86%)