

health-score 98%

HEALTH SCORE

# Vegetable Medley

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

319 kcal

SIDE DISH

## Ingredients

- ☐ 2 carrots shredded
- ☐ 1 teaspoon garlic minced
- ☐ 2 bell peppers green sliced
- ☐ 0.3 cup olive oil
- ☐ 1 large onion sliced into rings
- ☐ 2 bell peppers red sliced
- ☐ 4 potatoes red cubed
- ☐ 0.3 cup penzey's southwest seasoning italian-style

☐ 2 large sweet potatoes sliced

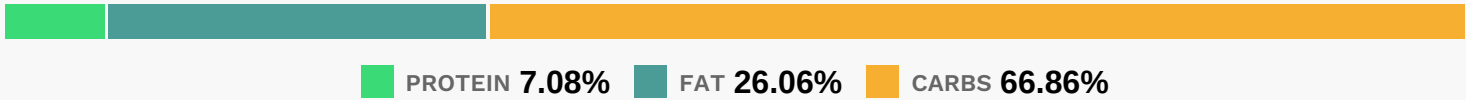
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Coat the bottom of a 9x13 inch baking dish with oil.
- ☐ Spread sweet potatoes on the bottom, then top with red potatoes, onion, garlic, green bell peppers, red bell peppers and carrots.
- ☐ Sprinkle seasoning generously over all and cover dish with aluminum foil.
- ☐ Bake at 350 degrees F 1 1/2 hours or until potatoes are cooked through and tender; remove foil cover and stir.
- ☐ Change oven temperature to 425 degrees F (220 degrees C) and bake mixture in oven for another 1/2 hour, or until browned on top.

## Nutrition Facts



## Properties

Glycemic Index:34.81, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:24.959565328515%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.17mg, Luteolin: 2.17mg, Luteolin: 2.17mg, Luteolin: 2.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

## Nutrients (% of daily need)

Calories: 319.05kcal (15.95%), Fat: 9.6g (14.78%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 46.26g (16.82%), Sugar: 11.3g (12.55%), Cholesterol: 0mg (0%), Sodium: 106.46mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.75%), Vitamin A: 20908.72IU (418.17%), Vitamin C: 100.85mg (122.24%), Vitamin B6: 0.77mg (38.38%), Manganese: 0.75mg (37.75%), Potassium: 1310.01mg (37.43%), Fiber: 9.18g (36.7%), Vitamin K: 31.68µg (30.17%), Copper: 0.43mg (21.37%), Magnesium: 78.76mg (19.69%), Vitamin E: 2.88mg (19.22%), Vitamin B1: 0.28mg (18.46%), Folate: 73.61µg (18.4%), Phosphorus: 176.23mg (17.62%), Iron: 2.94mg (16.34%), Vitamin B3: 3.17mg (15.83%), Vitamin B5: 1.58mg (15.76%), Vitamin B2: 0.19mg (11.04%), Calcium: 100.34mg (10.03%), Zinc: 1.11mg (7.4%), Selenium: 1.74µg (2.48%)