

Vegetable Medley I

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- 16 ounce canned tomatoes diced canned
- 0.5 teaspoon basil dried
- 2 cloves garlic crushed
- 1 bell pepper green chopped
- 1 tablespoon olive oil
- 1 onion chopped
- 2 teaspoons oregano dried
- 0.3 cup parmesan cheese grated

- 6 servings salt and pepper to taste
- 2 baby squash yellow sliced
- 2 zucchini sliced

Equipment

- frying pan
- oven
- glass baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large saute pan heat olive oil over medium heat.
- Add squash, zucchini, onion, green bell pepper, and garlic.
- Saute until all vegetables are soft.
- Add tomatoes with juice. Season with basil, oregano, salt, and pepper.
- Transfer ingredients to a glass baking dish.
- Bake for 20 minutes in the preheated oven.
- Sprinkle with Parmesan cheese and bake another 10 minutes.

Nutrition Facts



PROTEIN 16.57% **FAT 33.69%** **CARBS 49.74%**

Properties

Glycemic Index:26.17, Glycemic Load:2.76, Inflammation Score:-8, Nutrition Score:12.676086812564%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 98.67kcal (4.93%), Fat: 4.13g (6.35%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 9.92g (3.61%), Sugar: 7.69g (8.55%), Cholesterol: 3.63mg (1.21%), Sodium: 374.81mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin C: 47.39mg (57.44%), Manganese: 0.48mg (23.92%), Vitamin B6: 0.45mg (22.63%), Potassium: 647mg (18.49%), Vitamin K: 17.38µg (16.56%), Fiber: 3.79g (15.17%), Vitamin B2: 0.22mg (13.18%), Folate: 52.04µg (13.01%), Copper: 0.24mg (11.87%), Magnesium: 45.91mg (11.48%), Phosphorus: 112.29mg (11.23%), Vitamin E: 1.67mg (11.12%), Vitamin A: 545.71IU (10.91%), Iron: 1.93mg (10.72%), Calcium: 103.46mg (10.35%), Vitamin B1: 0.14mg (9.44%), Vitamin B3: 1.7mg (8.49%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.51mg (5.13%), Selenium: 2.44µg (3.49%)