



## Zesty Roasted Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



12 kcal

SIDE DISH

### Ingredients

- 0.5 lb baby carrots
- 0.5 lb mushrooms fresh
- 0.3 cup 1/3 cup kraft lite zesty italian dressing italian kraft
- 1 onion cut into 1/2-inch-thick wedges
- 0.3 cup parmesan cheese divided grated kraft
- 1 large bell pepper yellow cut into 8 strips

### Equipment

- baking sheet

- oven
- aluminum foil

## Directions

- Heat oven to 450F.
- Cover rimmed baking sheet with Reynolds Wrap Aluminum Foil; spray with cooking spray.
- Toss vegetables with dressing and 1/4 cup cheese; spread onto prepared baking sheet.
- Bake 28 to 30 min. or until vegetables are tender, stirring after 15 min.
- Sprinkle with remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:1.31, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:1.8282608733229%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 12.26kcal (0.61%), Fat: 0.61g (0.94%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.63g (0.7%), Cholesterol: 0.64mg (0.21%), Sodium: 34.61mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin A: 710.35IU (14.21%), Vitamin C: 8.01mg (9.71%), Vitamin B2: 0.03mg (1.55%), Vitamin K: 1.47µg (1.4%), Copper: 0.03mg (1.35%), Vitamin B3: 0.25mg (1.26%), Phosphorus: 12.4mg (1.24%), Potassium: 43.13mg (1.23%), Selenium: 0.83µg (1.19%), Vitamin B6: 0.02mg (1.11%), Fiber: 0.28g (1.1%), Vitamin B5: 0.11mg (1.08%)