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Garlic & Lemon Roasted Vegetables

Garlic & Lemon Roasted Vegetables is a vegan recipe that features a delicious blend of roasted vegetables infused with the flavors of garlic and lemon. It is a healthy and flavorful dish that can be enjoyed as a side or a main course. The recipe is simple to prepare and requires minimal ingredients.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	potatoes
150 g	Carrots
150 g	broccoli

4	garlic
cloves	
1	Lemon
pieces	
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the potatoes, carrots, and broccoli into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Cutting

Mince the garlic and zest the lemon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, toss the vegetables with the minced garlic, lemon zest, olive oil, salt, and black pepper until well coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Spread the vegetables in a single layer on a baking sheet.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Roasting

Roast the vegetables in the preheated oven for 25 minutes, or until they are tender and golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Serving

Serve the Garlic & Lemon Roasted Vegetables hot as a side dish or a main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	500 mg	14.71%	19.23%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Mediterranean

Middle Eastern

Course

Salads

Sauces & Dressings

Side Dishes

Cooking Method

Steaming

Roasting

Smoking

Serving

Nutritional Content

Low Calorie

Low Fat

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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