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## Seasoned Vegetables ♦♦

A delicious and healthy vegetarian recipe featuring a variety of seasoned vegetables. This recipe is perfect for a light lunch or dinner.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	Carrots
200 g	broccoli
200 g	zucchini
200 g	bell pepper
2 tbsp	olive oil
1 tsp	garlic powder

<b>1 tsp</b>	onion powder
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Wash and chop the vegetables into bite-sized pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, toss the vegetables with olive oil, garlic powder, onion powder, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

**Roasting**

Spread the seasoned vegetables on a baking sheet and roast in the preheated oven for 20 minutes, or until tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 5

**Resting**

Remove from the oven and let cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 7 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	7 g	18.42%	28%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	150 mg	166.67%	200%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Cuisines

Italian Chinese Mediterranean

### Course

Drinks Salads Snacks Sauces & Dressings

### Diet

The High-Iron Diet

### Cooking Method

Boiling Smoking Preheating Sprinkling Refrigerating Preparation  
Cooling Oven

### Healthy For

Gastroesophageal reflux disease (GERD) Celiac disease

### Meal Type

Brunch Supper

### Difficulty Level

Medium

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