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## Light Harvest Vegetable ♦♦

A healthy and flavorful vegetarian recipe packed with fresh harvest vegetables. This dish is perfect for a light and nutritious meal.

**Recipe Type:** Vegetarian

**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	Carrots
200 g	zucchini
150 g	Bell peppers
150 g	broccoli
2 tbsp	olive oil
2 cloves	garlic

1 tsp salt

1 tsp black pepper

## Directions

### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Cutting

Wash and cut the carrots, zucchini, bell peppers, and broccoli into bite-sized pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Oven

Spread the vegetables evenly on a baking sheet and roast in the preheated oven for 20-25 minutes, or until they are tender and slightly caramelized.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 5

Resting

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 7 g

**Protein:** 4 g

**Carbohydrates: 12 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
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	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

# Recipe Attributes

## Seasonality

Summer Fall

## Cuisines

Italian Middle Eastern

## Nutritional Content

High Protein Low Fat High Fiber Low Sodium

## Course

Salads Soups Snacks Sauces & Dressings

## Cooking Method

Steaming

## Meal Type

Lunch Snack Supper

## Difficulty Level

Medium

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