



Roasted Vegetables

Number of Servings: 2
Calories Per Serving: 238
PCF Ratio: 10-35-55

Single Serving Comment: 1/4 of recipe

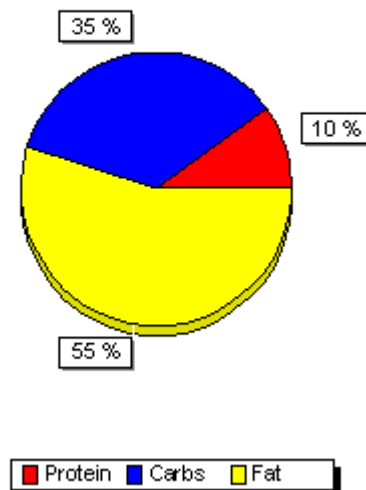
Cooking Instructions

Ingredients:

- 3/4 large Baby Zucchini
 - 3/4 medium, raw Squash
 - 3/4 large Sweet Green Pepper
 - 3/4 large Sweet Yellow Pepper
 - 340g raw Asparagus
 - 3/4 large, raw Onion
 - 2 1/4 tbsp Olive Oil
 - 3/4 tsp ground Black Pepper
- (Serves 2)

Preheat the oven to 450 degrees. cut all vegetables into bite-size pieces. Place all vegetables in a large roasting pan and toss with olive oil and black pepper. Roast for 30 minutes until the vegetables are lightly brown and tender.

10-35-55 Ratio



Nutrition Information

Serving Size: 1/4 of recipe (453g)
 Servings: 1

Amount Per Serving

Calories 240 **Calories from Fat** 130

% Daily Value*

Total Fat 16g **24%**

Saturated Fat 3g **11%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 7g **28%**

Sugars 9 g

Protein 7 g

Vitamin A 35% Vitamin C 340%

Calcium 8% Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
ZUCCHINI, BABY, RAW		3/4 large	12	2.5	.3	.4					
SUMMER SQUASH, RAW	all varieties	3/4	147	23.5	1.8	4.9	3.2	1.1	1.4		.0
GREEN PEPPER, SWEET, RAW (BELL)	2.25/pound, 3.75" long, 3" dia	3/4 large	123	24.6	1.1	5.7	3	1.4	1.4		.1
YELLOW PEPPER, SWEET, RAW	large - 3.75" long, 3" dia	3/4 large	140	37.7	1.4	8.8					
ASPARAGUS, RAW		3/4 lb	340	68	7.5	13.2	6.4	2.2	3.4		.8

Roasted Vegetables (continued)

ONION, RAW		3/4 large	113	47.3	1	11.4	4.8	2.2	1.3		1.3
OLIVE OIL	salad or cooking	2 1/4 tbsp	30	268.5							
PEPPER, BLACK, GROUND		3/4 tsp	2	4	.2	1					
Recipe Total:			906	476.1	13.2	45.4	17.4	6.9	7.5		2.3
Single Serving Total:			340	238.1	6.6	22.7	8.7	3.5	3.7		1.1

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
ZUCCHINI, BABY, RAW			.1	.0						3	58.8			.1
SUMMER SQUASH, RAW			1.6	.3	.1	.1	.0			14.7	294	.1	.2	.7
GREEN PEPPER, SWEET, RAW (BELL)			2.1	.2	.1		.1			22.1	455.1	.1	.0	.6
YELLOW PEPPER, SWEET, RAW			1.3	.3	.0					14	279	.0	.0	1.2
ASPARAGUS, RAW			7.1	.4	.2	.0	.1			129.3	2571.9	.5	.5	3.3
ONION, RAW	.0		1.6	.1	.0						2.3	.1	.0	.1
OLIVE OIL				30.4	4.2	.2	3							
PEPPER, BLACK, GROUND			.4	.1	.0		.0			.2	4.7			.0
Recipe Total:		.0	14.2	31.7	4.6	.4	3.2			183.3	3665.8	.7	.8	6.1
Single Serving Total:			7.1	15.9	2.3	.2	1.6			91.7	1832.9	.4	.4	3

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
ZUCCHINI, BABY, RAW	.0	.0	2.4	2.4		2.4			4.1				2.5	4
SUMMER SQUASH, RAW	.2	.3	42.6	42.6		42.6			25		.2		22	25
GREEN PEPPER, SWEET, RAW (BELL)	.1	.3	13.5	13.5		13.5			98.9		.5		12.3	12.3
YELLOW PEPPER, SWEET, RAW	.2	.2	36.3	36.3		36.3			256				15.3	16.7
ASPARAGUS, RAW	.9	.3	176.9	176.9		176.9			19.1		3.8		81.6	47.6
ONION, RAW	.1	.2	21.4	21.4		21.4			7.2		.0		24.8	11.3
OLIVE OIL											4.4		.3	
PEPPER, BLACK, GROUND			.2	.2		.2			.3		.0		6.9	3.1

Roasted Vegetables (continued)

Recipe Total:	1.7	1.3	293.3	293.3		293.3			410.5		8.9		165.8	119.9
Single Serving Total:	.8	.7	146.6	146.6		146.6			205.3		4.4		82.9	60

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
ZUCCHINI, BABY, RAW	11.2	55.1	.4			.0			.1	.0		.0	.1
SUMMER SQUASH, RAW	55.9	385.1	2.9			.1			.5	.3		.3	.4
GREEN PEPPER, SWEET, RAW (BELL)	24.6	215.3	3.7			.1			.4	.2			.2
YELLOW PEPPER, SWEET, RAW	33.5	295.7	2.8			.1			.6	.2		.4	.2
ASPARAGUS, RAW	176.9	687.2	6.8			.6			7.3	.5		7.8	1.8
ONION, RAW	30.4	162	3.4			.0			.2	.1		.6	.2
OLIVE OIL		.3	.6						.2				
PEPPER, BLACK, GROUND	2.7	19.8	.7			.0			.5	.1		.0	.0
Recipe Total:	335.1	1820.5	21.3			1			9.8	1.4		9.2	3
Single Serving Total:	167.6	910.3	10.6			.5			4.9	.7		4.6	1.5