

Rainbow Roasted Vegetables

Ingredients:

1 2/3 cups red bell peppers, chopped
2 cups carrots, chopped
1 1/3 cups yellow bell peppers, chopped
1 2/3 cups zucchini, chopped
1 cup broccoli florets
1 cup red onions, chopped
1 Tablespoon dried thyme
2 Tablespoons Balsamic vinegar
Olive oil (optional)

Directions:

1. Preheat oven to 390°F.
2. Place chopped vegetables onto a baking sheet; add thyme and balsamic vinegar to taste.
3. Bake for about 25 minutes or until vegetables are cooked.

Nutrition Facts

Serving Size (337g)
Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 22g **7%**

Dietary Fiber 6g **24%**

Sugars 11g

Protein 4g

Vitamin A 270% • Vitamin C 340%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: zak.com

