

Italian Roasted Vegetables

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-mix-vegetable-recipe>

Ingredients:

- 1 pound crimini mushrooms cleaned
- 2 cups cauliflower cut into small florets
- 2 cups cherry tomatoes
- 12 garlic cloves peeled
- 2 tablespoons olive oil
- 1 tablespoon italian seasoning
- salt
- pepper
- 1 tablespoon fresh parsley chopped

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 18 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 260 milligrams
8. Sugar: 7 grams

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