

Italian Roasted Mushrooms and Veggies

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-roasted-italian-gnocchi-recipe>

Ingredients:

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

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 15 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 220 milligrams
8. Sugar: 6 grams

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