

# Roasted Garlic & Herb Vegetables

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-squash-zucchini-asparagus-recipe>

## Ingredients:

- peppers
- zucchini
- potatoes
- asparagus
- vegetables
- squash
- olive oil
- 1 tablespoon garlic mince
- 1/2 tablespoon basil
- 1/2 tablespoon thyme
- 1/2 tablespoon oregano
- 1/2 tablespoon parsley
- 1 teaspoon red peppers crushed, flakes
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 13 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 310 milligrams
8. Sugar: 1 grams

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