



54%  
HEALTH SCORE

## Absolutely Delicious Baked Root Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

### Ingredients

- 2 large carrots cubed peeled
- 3 tablespoons chilli sauce sweet red
- 1.5 teaspoons garlic powder
- 1 teaspoon pepper black
- 1 pound baby potatoes halved
- 3 tablespoons olive oil
- 1.5 teaspoons onion powder
- 2 large parsnips cubed peeled

- 0.5 large rutabaga cubed peeled
- 1 tablespoon steak seasoning
- 1 large sweet potatoes and into cubed peeled

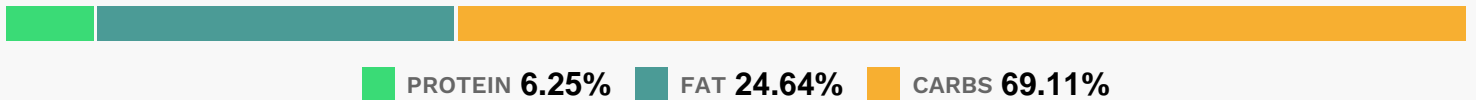
## Equipment

- bowl
- oven
- roasting pan
- grill

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Toss potatoes, rutabaga, sweet potato, parsnips, and carrots with olive oil and chili sauce in a large bowl until coated. Season with onion powder, garlic powder, grill seasoning, and pepper. Toss again until evenly coated, then spread vegetables into a 9x13 inch roasting pan.
- Roast vegetables in preheated oven for 20 minutes, then stir, return to oven, and continue cooking until the vegetables are tender, about 20 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:43.7, Glycemic Load:16.92, Inflammation Score:-10, Nutrition Score:16.057826156202%

## Flavonoids

Apigenin: 1.87mg, Apigenin: 1.87mg, Apigenin: 1.87mg, Apigenin: 1.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 199.35kcal (9.97%), Fat: 5.65g (8.69%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 29.35g (10.67%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 113.51mg (4.94%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Vitamin A: 9053.18IU (181.06%), Vitamin C: 32.06mg (38.86%), Manganese: 0.58mg (28.94%), Fiber: 6.3g (25.2%), Potassium: 749.2mg (21.41%), Vitamin K: 20.7µg (19.71%), Vitamin B6: 0.38mg (19.17%), Folate: 54.5µg (13.62%), Magnesium: 49.12mg (12.28%), Phosphorus: 116.46mg (11.65%), Vitamin B1: 0.17mg (11.63%), Vitamin E: 1.73mg (11.51%), Copper: 0.21mg (10.41%), Vitamin B5: 0.88mg (8.77%), Vitamin B3: 1.64mg (8.22%), Iron: 1.47mg (8.18%), Calcium: 68.22mg (6.82%), Vitamin B2: 0.1mg (5.63%), Zinc: 0.73mg (4.87%), Selenium: 1.71µg (2.45%)