



Angie's Roasted Harvest Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- 0.5 cup classic catalina dressing kraft
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 bulb fennel sliced
- 0.3 cup pancake syrup
- 2 parsnips peeled sliced
- 1 onion red sliced
- 2 sweet potatoes peeled cut into wedges

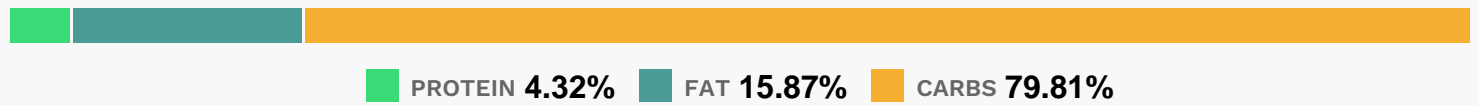
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Toss first 4 ingredients in large baking dish.
- Mix remaining ingredients; pour over vegetables.
- Bake 50 min. or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:10.16, Inflammation Score:-10, Nutrition Score:12.58130429102%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 174.57kcal (8.73%), Fat: 3.14g (4.84%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 30.83g (11.21%), Sugar: 12.01g (13.34%), Cholesterol: 0.39mg (0.13%), Sodium: 253.64mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 8068.25IU (161.36%), Vitamin K: 28.97µg (27.59%), Manganese: 0.44mg (22.24%), Fiber: 4.75g (19%), Vitamin C: 13.94mg (16.9%), Potassium: 489.36mg (13.98%), Folate: 42.85µg (10.71%), Vitamin B6: 0.19mg (9.57%), Copper: 0.19mg (9.29%), Magnesium: 32.86mg (8.21%), Vitamin B5: 0.77mg (7.72%), Phosphorus: 75.72mg (7.57%), Vitamin E: 1.09mg (7.24%), Vitamin B1: 0.09mg (6.05%), Calcium: 49.86mg (4.99%), Iron: 0.86mg (4.8%), Vitamin B2: 0.07mg (4.16%), Vitamin B3: 0.81mg (4.03%), Zinc: 0.5mg (3.33%), Selenium: 1.39µg (1.99%)