



HEALTH SCORE

51%

Autumn Vegetable Medley with Rosemary and Nutmeg



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups butternut squash cubed peeled ()
- ☐ 1.5 cups carrots 1-inch-thick ()
- ☐ 9 ounce fennel bulb with stalks
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1 Dash nutmeg freshly grated
- ☐ 1 tablespoon olive oil

- ☐ 1.5 cups parsnips 1-inch-thick ()
- ☐ 0.5 teaspoon salt

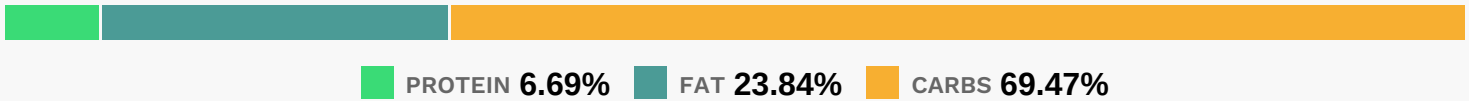
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ Trim tough outer leaves from fennel.
- ☐ Cut fennel bulb in half lengthwise; discard core.
- ☐ Cut each half into three wedges.
- ☐ Combine fennel, squash, and next 7 ingredients (through nutmeg) in a large shallow roasting pan coated with cooking spray.
- ☐ Bake at 425 for 35 minutes or until vegetables are tender, stirring occasionally.
- ☐ Sprinkle vegetable mixture with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:40.97, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:13.870000015134%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 93.98kcal (4.7%), Fat: 2.71g (4.16%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 12.91g (4.7%), Sugar: 5.86g (6.51%), Cholesterol: 0mg (0%), Sodium: 243.27mg (10.58%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin A: 10364.93IU (207.3%), Vitamin K: 40.46µg (38.54%), Vitamin C: 22.45mg (27.22%), Manganese: 0.42mg (21.18%), Fiber: 4.84g (19.34%), Potassium: 569.33mg (16.27%), Folate: 52.61µg (13.15%), Vitamin E: 1.96mg (13.08%), Magnesium: 37.05mg (9.26%), Vitamin B6: 0.17mg (8.33%), Phosphorus: 71.97mg (7.2%), Vitamin B3: 1.38mg (6.91%), Vitamin B1: 0.1mg (6.84%), Calcium: 66.67mg (6.67%), Copper: 0.12mg (5.95%), Vitamin B5: 0.57mg (5.74%), Iron: 0.96mg (5.33%), Vitamin B2: 0.06mg (3.44%), Zinc: 0.43mg (2.89%), Selenium: 1.17µg (1.67%)