



HEALTH SCORE

57%

Baked Winter Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 beets peeled
- ☐ 1 medium butternut squash peeled seeded
- ☐ 2 tablespoons maple syrup
- ☐ 3 tablespoons olive oil divided
- ☐ 2 parsnips peeled
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 2 medium size onions red
- ☐ 6 cups torn salad greens mixed

- ☐ 1 teaspoon salt divided
- ☐ 0.3 cup walnuts toasted coarsely chopped

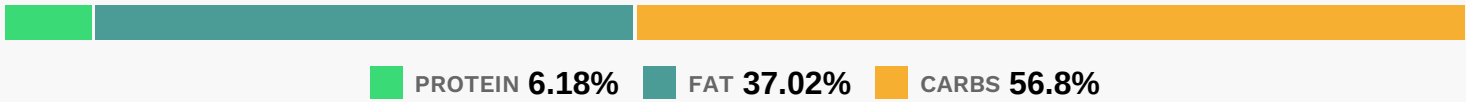
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut first 4 ingredients into 1-inch cubes. Line 2 (13- x 9-inch) baking pans with aluminum foil.
- ☐ Toss together onions, beets, 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in one lined pan, and set aside.
- ☐ Toss together parsnips, squash, remaining 2 tablespoons oil, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, and maple syrup in empty lined pan.
- ☐ Bake both pans at 350 for 45 minutes or until vegetables are tender, shielding with aluminum foil, if necessary, to avoid excessive browning.
- ☐ Combine all baked vegetables.
- ☐ Add salad greens, and toss. Arrange on a serving platter, and sprinkle with walnuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:7.18, Inflammation Score:-10, Nutrition Score:20.953478325968%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 240kcal (12%), Fat: 10.58g (16.27%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 29.71g (10.8%), Sugar: 12.76g (14.17%), Cholesterol: 0mg (0%), Sodium: 431.8mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin A: 13753.54IU (275.07%), Vitamin C: 48.43mg (58.7%), Manganese: 1.08mg (53.99%), Folate: 124.73µg (31.18%), Fiber: 6.79g (27.16%), Potassium: 883.78mg (25.25%), Vitamin E: 3.63mg (24.21%), Magnesium: 81.23mg (20.31%), Vitamin B6: 0.36mg (18%), Vitamin K: 17.82µg (16.97%), Vitamin B1: 0.23mg (15.34%), Copper: 0.29mg (14.34%), Phosphorus: 132.23mg (13.22%), Vitamin B3: 2.28mg (11.39%), Calcium: 109.7mg (10.97%), Vitamin B2: 0.18mg (10.82%), Iron: 1.94mg (10.75%), Vitamin B5: 0.98mg (9.76%), Zinc: 0.93mg (6.23%), Selenium: 2.34µg (3.34%)