



Balsamic-Glazed Root Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1 lb parsnips peeled cut into 2-inch pieces (3 cups)
- ☐ 1 lb carrots cut into 2-inch pieces (3 cups)
- ☐ 0.5 large onion red thinly sliced cut in half (2 cups)
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.7 cup balsamic vinegar
- ☐ 3 tablespoons honey

☐ 1 teaspoon dijon mustard

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

Directions

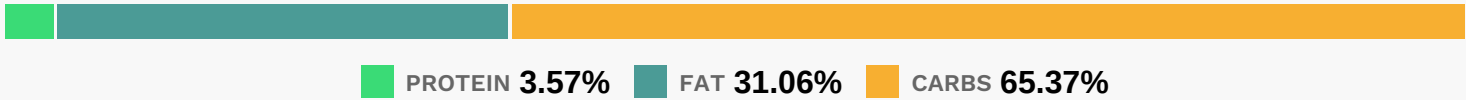
☐ Heat oven to 425°F. In large bowl, toss parsnips, carrots, onion, oil, salt and pepper. Arrange vegetables in single layer in ungreased 17x12-inch half-sheet pan.

☐ Bake uncovered 35 to 40 minutes, stirring once, until tender and lightly browned.

☐ In 1-quart saucepan, heat vinegar, honey and mustard to boiling; cook 6 to 8 minutes, stirring occasionally, until glaze is reduced to 1/3 cup.

☐ Remove from heat; drizzle glaze over vegetables.

Nutrition Facts



Properties

Glycemic Index:48.68, Glycemic Load:14.67, Inflammation Score:-10, Nutrition Score:14.671304433242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 210.81kcal (10.54%), Fat: 7.45g (11.46%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 29.22g (10.62%), Sugar: 20.47g (22.74%), Cholesterol: 0mg (0%), Sodium: 270.14mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Vitamin A: 12630.75IU (252.62%), Manganese: 0.6mg (30.17%), Vitamin K: 31.39µg (29.89%), Fiber: 6.05g (24.22%), Vitamin C: 18.05mg (21.87%), Vitamin E:

2.64mg (17.59%), Folate: 67.04µg (16.76%), Potassium: 578.46mg (16.53%), Vitamin B6: 0.19mg (9.34%), Magnesium: 36.07mg (9.02%), Phosphorus: 89.63mg (8.96%), Vitamin B1: 0.12mg (8.25%), Copper: 0.14mg (7.07%), Vitamin B5: 0.68mg (6.82%), Vitamin B3: 1.3mg (6.51%), Calcium: 63.64mg (6.36%), Iron: 1mg (5.57%), Vitamin B2: 0.09mg (5.22%), Zinc: 0.7mg (4.64%), Selenium: 1.85µg (2.65%)