



WHATSheATE



Balsamic-Roasted Carrots and Parsnips



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1.5 pounds carrots
- ☐ 4 oz feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons brown sugar light
- ☐ 4 tablespoons olive oil divided
- ☐ 1.5 pounds parsnips

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 cup cherries dried sweet chopped

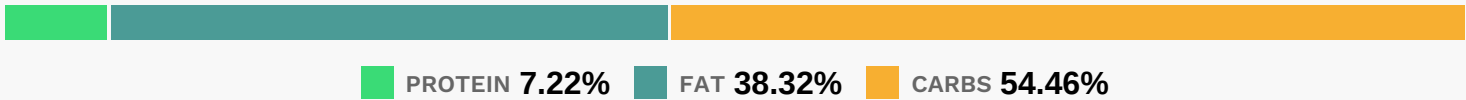
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Toss together first 5 ingredients and 1 Tbsp. olive oil in a small bowl.
- ☐ Cut carrots and parsnips lengthwise into long, thin strips.
- ☐ Whisk together brown sugar, balsamic vinegar, and remaining 3 Tbsp. olive oil in a large bowl. Toss with carrots and parsnips, and place on a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle with desired amount of salt and freshly ground pepper.
- ☐ Bake at 400 for 40 to 45 minutes or until vegetables are tender and browned, stirring every 15 minutes.
- ☐ Transfer to a serving platter, and gently toss with feta cheese mixture.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:7.33, Inflammation Score:-10, Nutrition Score:15.848260913206%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 192.01kcal (9.6%), Fat: 8.43g (12.97%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 21.05g (7.66%), Sugar: 12.7g (14.11%), Cholesterol: 10.09mg (3.36%), Sodium: 188.37mg (8.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin A: 11785.69IU (235.71%), Vitamin K: 52.57µg (50.07%), Manganese: 0.49mg (24.67%), Fiber: 5.91g (23.66%), Vitamin C: 17.83mg (21.62%), Folate: 64.5µg (16.13%), Vitamin E: 2.34mg (15.6%), Potassium: 499.1mg (14.26%), Calcium: 114.32mg (11.43%), Phosphorus: 112.54mg (11.25%), Vitamin B6: 0.21mg (10.4%), Vitamin B2: 0.17mg (10.1%), Vitamin B1: 0.13mg (8.35%), Magnesium: 31.77mg (7.94%), Vitamin B5: 0.71mg (7.14%), Vitamin B3: 1.29mg (6.46%), Zinc: 0.92mg (6.11%), Copper: 0.12mg (6.08%), Iron: 0.97mg (5.4%), Selenium: 3.05µg (4.35%), Vitamin B12: 0.19µg (3.19%)