



Balsamic Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 pound carrots
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon brown sugar light
- ☐ 3 tablespoons olive oil
- ☐ 1 pound parsnips
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 large onions red coarsely chopped

- ☐ 1 teaspoon salt
- ☐ 1.5 pounds sweet potatoes
- ☐ 0.8 cup cranberries dried sweetened

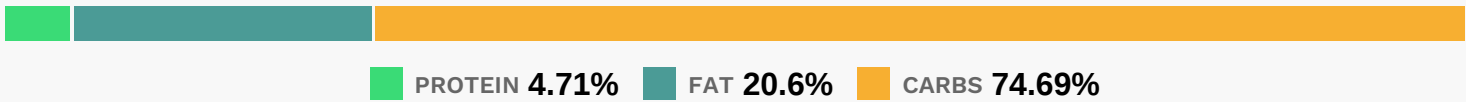
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Peel first 3 ingredients, and cut into 1 1/2-inch pieces.
- ☐ Combine parsnips, carrots, onions, and cranberries in a lightly greased 6-qt. slow cooker; layer sweet potatoes over top.
- ☐ Whisk together sugar and next 4 ingredients in a small bowl; pour over vegetable mixture. (Do not stir.)
- ☐ Cover and cook on HIGH 4 to 5 hours or until vegetables are tender. Toss with parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:37.23, Glycemic Load:15.05, Inflammation Score:-10, Nutrition Score:18.568695565929%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 241.76kcal (12.09%), Fat: 5.77g (8.88%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 39.01g (14.19%), Sugar: 20.46g (22.73%), Cholesterol: 0mg (0%), Sodium: 386.79mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin A: 21749.82IU (435%), Vitamin K: 67.11µg (63.92%), Manganese: 0.71mg (35.52%), Fiber: 8.1g (32.4%), Vitamin C: 20.41mg (24.74%), Potassium: 748.49mg (21.39%), Vitamin B6: 0.35mg (17.38%), Folate: 67.18µg (16.79%), Vitamin E: 2.46mg (16.4%), Vitamin B5: 1.25mg (12.48%), Magnesium: 49.8mg (12.45%), Copper: 0.25mg (12.36%), Vitamin B1: 0.17mg (11.41%), Phosphorus: 111.43mg (11.14%), Calcium: 78.55mg (7.85%), Vitamin B3: 1.56mg (7.79%), Iron: 1.36mg (7.58%), Vitamin B2: 0.13mg (7.44%), Zinc: 0.82mg (5.44%), Selenium: 1.82µg (2.6%)