



WHATSheATE



Balsamic-Rosemary Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 small beets peeled quartered cut into 1/4-inch-thick slices
- ☐ 2 carrots cut into 1/2-inch-thick slices
- ☐ 1 tablespoon rosemary dried fresh chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 large parsnips peeled quartered cut into 1/2-inch-thick slices
- ☐ 6 servings pepper freshly ground to taste
- ☐ 1 small rutabaga peeled quartered cut into 1/4-inch-thick slices

- ☐ 6 servings salt to taste
- ☐ 1 turnip peeled quartered cut into 1/4-inch-thick slices

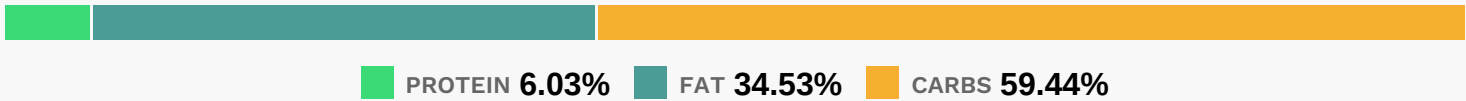
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Whisk together first 3 ingredients in a bowl.
- ☐ Add parsnip and next 4 ingredients; toss until vegetables are well coated.
- ☐ Add salt and pepper, and toss again.
- ☐ Place in a single layer on a rimmed baking sheet, and bake at 450 for 15 minutes. Stir vegetables, and bake 15 more minutes or until slightly crisp and golden but tender.

Nutrition Facts



Properties

Glycemic Index:64.97, Glycemic Load:8.17, Inflammation Score:-9, Nutrition Score:12.203043533408%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 125.03kcal (6.25%), Fat: 5.03g (7.74%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 14.16g (5.15%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 260.51mg (11.33%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin A: 3420.2IU (68.4%), Vitamin C: 24.16mg (29.29%), Manganese: 0.53mg (26.54%), Folate: 89.51µg (22.38%), Fiber: 5.33g (21.3%), Vitamin K: 17.47µg (16.64%), Potassium: 523.76mg (14.96%), Vitamin E: 1.69mg (11.29%), Magnesium: 35.48mg (8.87%), Phosphorus: 82.13mg (8.21%), Vitamin B6: 0.15mg (7.57%), Vitamin B1: 0.11mg (7.25%), Copper: 0.13mg (6.5%), Calcium: 53.56mg (5.36%), Iron: 0.95mg (5.26%), Vitamin B5: 0.52mg (5.2%), Vitamin B3: 1mg (4.98%), Vitamin B2: 0.07mg (4.25%), Zinc: 0.62mg (4.16%), Selenium: 1.58µg (2.26%)