



Becel® Garlic and Rosemary Roasted Root Vegetables

 Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- 2 teaspoons rosemary fresh chopped
- 3 cloves garlic peeled halved
- 2 tablespoons buttery taste margarine becel®
- 2 pounds root vegetables like carrots red halved sliced

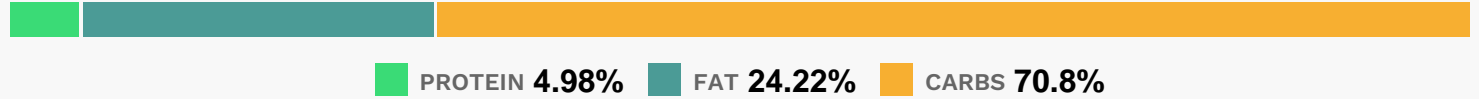
Equipment

- oven
- roasting pan

Directions

Preheat oven to 220 degrees C (425 degrees F). Melt Becel® Buttery Taste margarine in shallow roasting pan in oven about 2 minutes. Stir in vegetables, rosemary and garlic. Roast, stirring twice, 50 minutes or until vegetables are golden and crisp.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:15.65, Inflammation Score:-7, Nutrition Score:18.766521852625%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 223.85kcal (11.19%), Fat: 6.33g (9.74%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 30.45g (11.07%), Sugar: 10.91g (12.12%), Cholesterol: 0mg (0%), Sodium: 89.09mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Manganese: 1.31mg (65.41%), Vitamin K: 51.07µg (48.64%), Vitamin C: 39.28mg (47.61%), Fiber: 11.17g (44.67%), Folate: 152.15µg (38.04%), Potassium: 862.78mg (24.65%), Vitamin E: 3.6mg (23.99%), Magnesium: 66.59mg (16.65%), Phosphorus: 166.11mg (16.61%), Vitamin B1: 0.21mg (13.96%), Copper: 0.28mg (13.95%), Vitamin B5: 1.38mg (13.8%), Vitamin B6: 0.23mg (11.64%), Zinc: 1.36mg (9.1%), Calcium: 87.98mg (8.8%), Vitamin B3: 1.61mg (8.03%), Iron: 1.38mg (7.66%), Vitamin B2: 0.12mg (6.97%), Selenium: 4.4µg (6.29%), Vitamin A: 252.05IU (5.04%)