



WHATSheATE



HEALTH SCORE

88%

Big Platter of Roasted Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients



1 small acorn squash seeds removed, and cut into 1-inch-wide slices crosswise (14 ounces) cut in half,



1 small butternut squash seeds removed, cut into 1-inch wide slices crosswise (18 ounces) peeled cut in half,



1 bunch carrots trimmed peeled (6 carrots)



0.5 small head cabbage green cut into 8 wedges (18 ounces)



0.3 cup olive oil



2 parsnips peeled cut into chunks (7 ounces)



0.5 teaspoon pepper freshly ground



1 medium onion red cut into sixths lengthwise, skin on

- ☐ 0.3 cup red wine vinegar
- ☐ 2 teaspoons rosemary
- ☐ 0.5 teaspoon sea salt
- ☐ 2 teaspoons thyme leaves

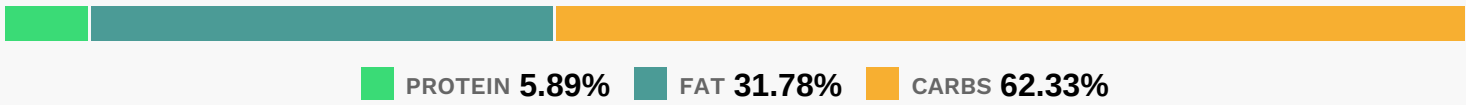
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place all vegetables on a 15– x 10–inch jellyroll pan, and drizzle with olive oil and vinegar; toss to coat vegetables evenly.
- ☐ Spread in one single layer, and season with herbs, sea salt, and pepper. Roast at 400 for 20 minutes; stir vegetables, and roast another 15 minutes or until soft and edges are light brown.
- ☐ Remove from oven, arrange on a platter, and serve warm.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:20.876956452494%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 188.87kcal (9.44%), Fat: 7.19g (11.06%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 24.49g (8.91%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 193.31mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Vitamin A: 17332.63IU (346.65%), Vitamin C: 52.91mg (64.14%),

Vitamin K: 53.6µg (51.05%), Manganese: 0.68mg (33.75%), Fiber: 7.23g (28.93%), Potassium: 902.15mg (25.78%), Folate: 90.63µg (22.66%), Vitamin E: 3.25mg (21.67%), Vitamin B6: 0.4mg (19.76%), Magnesium: 73.55mg (18.39%), Vitamin B1: 0.27mg (17.74%), Vitamin B3: 2.32mg (11.61%), Calcium: 115.27mg (11.53%), Phosphorus: 109.65mg (10.97%), Vitamin B5: 1.05mg (10.54%), Iron: 1.81mg (10.04%), Copper: 0.19mg (9.37%), Vitamin B2: 0.09mg (5.44%), Zinc: 0.66mg (4.39%), Selenium: 1.69µg (2.41%)