



HEALTH SCORE

64%

Braised Carrots and Parsnips



Vegetarian



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 medium carrots peeled cut in large chunks on the bias
- ☐ 0.5 teaspoon coriander seeds
- ☐ 1 large handful parsley finely chopped
- ☐ 4 cloves garlic smashed
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon paprika

- ☐ 8 medium parsnips peeled cut in large chunks
- ☐ 1 large onion diced red
- ☐ 2 teaspoons salt plus more to taste

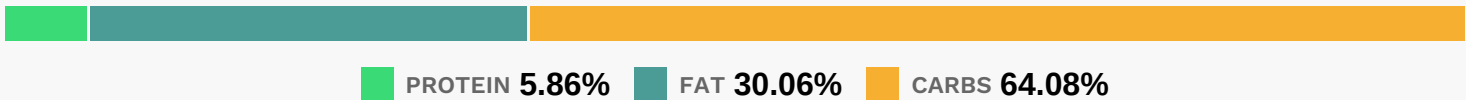
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat 3 TBSP olive oil in medium pot over medium heat.
- ☐ Add onion and garlic, stirring occasionally until soft and glistening (6 minutes).
- ☐ Add paprika, half the coriander, and salt; cook until oil turns deep red (about 1 minute).
- ☐ Add carrots, parsnips, and just enough water to cover (about 3 cups).
- ☐ Bring to a simmer and cook until carrots are tender (20 minutes).
- ☐ Remove veggies with slotted spoon; keep cooking liquid until thick and slightly reduced (about 10 minutes more). Season with pepper to taste; return veggies to broth.
- ☐ Heat remaining TBSP oil in small skillet over medium heat.
- ☐ Add rest of coriander and toast for a minute. Stir parsley into yogurt; season with salt and pepper.
- ☐ Transfer to serving bowl; drizzle on flavored coriander oil. Spoon vegetables onto platter with some cooking liquid.
- ☐ Serve with yogurt–coriander sauce.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:17.26, Inflammation Score:-10, Nutrition Score:27.329565525055%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 291.03kcal (14.55%), Fat: 10.24g (15.76%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 35.84g (13.03%), Sugar: 15.66g (17.4%), Cholesterol: 0.82mg (0.27%), Sodium: 863.97mg (37.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin A: 14226.28IU (284.53%), Vitamin K: 74.8µg (71.23%), Manganese: 1.37mg (68.33%), Fiber: 13.28g (53.11%), Vitamin C: 42.95mg (52.07%), Folate: 160.56µg (40.14%), Vitamin E: 5.27mg (35.11%), Potassium: 1135.67mg (32.45%), Phosphorus: 208.04mg (20.8%), Magnesium: 77.46mg (19.37%), Vitamin B6: 0.38mg (18.88%), Vitamin B1: 0.26mg (17.53%), Vitamin B5: 1.61mg (16.1%), Copper: 0.31mg (15.61%), Calcium: 139.7mg (13.97%), Vitamin B3: 2.43mg (12.14%), Vitamin B2: 0.2mg (11.91%), Zinc: 1.66mg (11.06%), Iron: 1.93mg (10.71%), Selenium: 4.75µg (6.79%), Vitamin B12: 0.08µg (1.27%)