



Butter-steamed Carrots and Parsnips



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 carrots
- ☐ 6 parsnips
- ☐ 6 servings salt

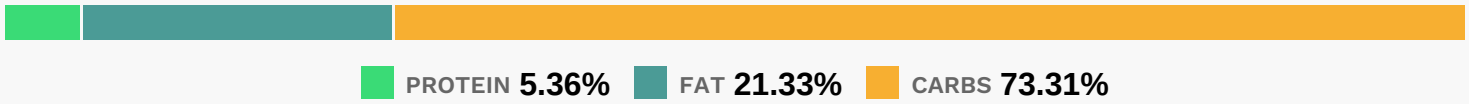
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel, then trim ends of carrots and parsnips.
- ☐ Cut the vegetables in half lengthwise.
- ☐ In a 5- to 6-quart pan over medium-high heat, melt butter.
- ☐ Add carrot halves and 3/4 cup water; cover and cook 3 minutes.
- ☐ Add parsnip halves, cover, and continue cooking until vegetables are tender when pierced, 8 to 10 minutes longer.
- ☐ Uncover the pan and shake it frequently until liquid has evaporated.
- ☐ Pour the vegetables into a bowl and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:12.49, Inflammation Score:-10, Nutrition Score:19.298261023734%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 174.81kcal (8.74%), Fat: 4.37g (6.72%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 24.47g (8.9%), Sugar: 10.33g (11.48%), Cholesterol: 0mg (0%), Sodium: 295.39mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin A: 10357.59IU (207.15%), Manganese: 0.96mg (47.79%), Vitamin K: 42.93µg (40.88%), Fiber: 9.3g (37.21%), Vitamin C: 29.96mg (36.31%), Folate: 115.49µg (28.87%), Potassium: 778.45mg (22.24%), Vitamin E: 2.86mg (19.05%), Phosphorus: 132.47mg (13.25%), Magnesium: 52.42mg (13.1%), Vitamin B1: 0.18mg (12.02%), Vitamin B6: 0.22mg (11.2%), Vitamin B5: 1.1mg (11%), Copper: 0.21mg (10.68%), Vitamin B3: 1.69mg (8.43%), Calcium: 77.45mg (7.75%), Zinc: 1.06mg (7.08%), Vitamin B2: 0.11mg (6.74%), Iron: 1.1mg (6.11%), Selenium: 2.85µg (4.07%)