



Buttered Rooted Vegetables



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 1 pound carrots peeled cut into cubes
- 1 cup chicken stock see
- 0.5 cup herbs mixed fresh chopped
- 4 servings kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil extra-virgin
- 1 pound parsnips peeled cut into cubes

- 1 pound turnips split
- 1 tablespoon butter unsalted
- 1 tablespoon butter unsalted cold cubed

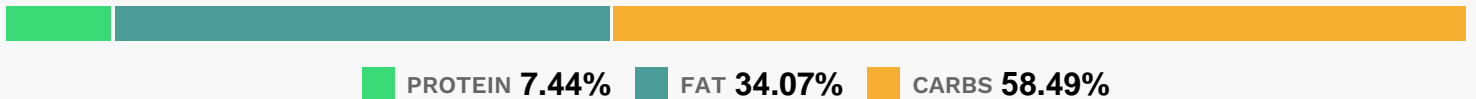
Equipment

- bowl
- pot

Directions

- Put the olive oil and butter into a large pot over medium–high heat.
- Add the vegetables and toss to coat them well with the fat; season with salt and pepper.
- Add 1 cup chicken stock and bring to a boil. Lower the heat to a simmer, cover the pot, and cook until the vegetables are tender, about 20 minutes.
- Add butter and toss until incorporated. To serve, pour vegetables in a large bowl and shower with mixed herbs and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:66.96, Glycemic Load:15.25, Inflammation Score:-10, Nutrition Score:27.032173898557%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 269.23kcal (13.46%), Fat: 10.69g (16.44%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 30.21g (10.99%), Sugar: 16.14g (17.94%), Cholesterol: 16.85mg (5.62%), Sodium: 450.23mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin A: 19753.91IU (395.08%), Vitamin K: 166.64µg (158.71%), Vitamin C: 59.88mg (72.58%), Manganese: 0.99mg (49.37%), Fiber: 11.07g (44.28%), Folate: 129.18µg (32.29%), Potassium: 1113.67mg (31.82%), Vitamin E: 3.21mg (21.43%), Vitamin B6: 0.4mg (20.24%),

Phosphorus: 173.37mg (17.34%), Vitamin B3: 3.41mg (17.07%), Vitamin B1: 0.25mg (16.69%), Copper: 0.33mg (16.55%), Magnesium: 65.6mg (16.4%), Vitamin B2: 0.22mg (12.8%), Calcium: 127.14mg (12.71%), Vitamin B5: 1.26mg (12.57%), Iron: 1.98mg (11.01%), Zinc: 1.42mg (9.47%), Selenium: 4.36µg (6.22%)