



Caramelized Roasted Parsnips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

SIDE DISH

Ingredients

- 8 tablespoons butter unsalted melted (1 stick)
- 2 tablespoons granulated sugar
- 2 teaspoons brown sugar
- 3 pounds parsnips peeled cut into ¼-by-3-inch julienne
- 1.5 teaspoons salt plus more to taste
- 1 serving pepper black freshly ground
- 1 teaspoon garlic powder
- 1 tablespoon chives snipped

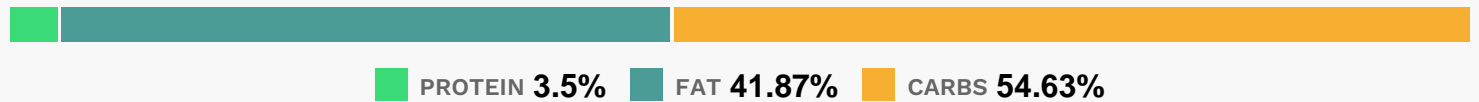
Equipment

- oven
- whisk
- roasting pan
- aluminum foil

Directions

- Heat oven to 350 degrees.
- Place butter, granulated sugar and brown sugar in a large roasting pan; whisk until incorporated.
- Add parsnips; toss.
- Sprinkle with salt, pepper, and garlic powder; toss. Cover with foil; bake 20 minutes.
- Remove foil; stir. Roast parsnips, uncovered, until lightly browned, about 20 minutes. Stir; adjust seasoning.
- Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:9.13, Inflammation Score:-4, Nutrition Score:9.5795652944109%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 163.13kcal (8.16%), Fat: 7.92g (12.19%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 17.66g (6.42%), Sugar: 8.1g (9%), Cholesterol: 20.07mg (6.69%), Sodium: 303.42mg (13.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Manganese: 0.64mg (32.06%), Vitamin K: 26.72µg (25.44%), Vitamin C: 19.43mg (23.55%), Fiber: 5.59g (22.35%), Folate: 76.64µg (19.16%), Vitamin E: 1.91mg

(12.72%), Potassium: 432.3mg (12.35%), Phosphorus: 83.97mg (8.4%), Magnesium: 33.45mg (8.36%), Copper: 0.14mg (7%), Vitamin B5: 0.69mg (6.94%), Vitamin B1: 0.1mg (6.92%), Vitamin B6: 0.11mg (5.36%), Vitamin A: 244.17IU (4.88%), Zinc: 0.69mg (4.58%), Calcium: 44.28mg (4.43%), Vitamin B3: 0.8mg (4.01%), Iron: 0.7mg (3.88%), Vitamin B2: 0.06mg (3.58%), Selenium: 2.22µg (3.17%)