



Carrot-Parsnip Julienne



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup julienne-cut carrot
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon maple syrup
- ☐ 0.5 cup orange juice
- ☐ 0.8 cup julienne-cut parsnip
- ☐ 0.5 teaspoon salt

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0.3 teaspoon pepper white

Equipment

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bowl

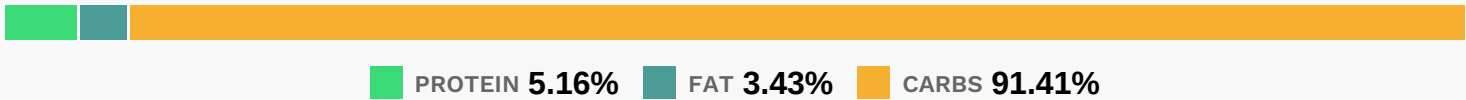
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sauce pan

Directions

- ☐ Combine the first 6 ingredients in a medium saucepan; bring to a boil.
- ☐ Add carrot and parsnip; cover, reduce heat, and simmer 6 minutes or until tender.
- ☐ Drain and spoon vegetables into a serving bowl; drizzle with maple syrup.

Nutrition Facts



Properties

Glycemic Index:128.67, Glycemic Load:10.69, Inflammation Score:-10, Nutrition Score:14.331304296203%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 114.77kcal (5.74%), Fat: 0.46g (0.7%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 23.3g (8.47%), Sugar: 15.98g (17.75%), Cholesterol: 0mg (0%), Sodium: 621.12mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin A: 8143.23IU (162.86%), Vitamin C: 43.34mg (52.53%), Manganese: 0.69mg (34.3%), Vitamin K: 17.62µg (16.78%), Fiber: 4.05g (16.18%), Folate: 61.79µg (15.45%), Potassium: 493.75mg (14.11%), Vitamin B2: 0.2mg (11.74%), Vitamin B1: 0.14mg (9.34%), Magnesium: 30.3mg (7.57%), Vitamin E: 1.09mg (7.26%), Vitamin B6: 0.14mg (6.95%), Phosphorus: 64.08mg (6.41%), Copper: 0.11mg (5.72%), Vitamin B3: 1.11mg (5.53%), Vitamin B5: 0.55mg (5.53%), Calcium: 53.2mg (5.32%), Iron: 0.67mg (3.72%), Zinc: 0.53mg (3.52%), Selenium: 1.16µg (1.66%)