



Carrot Parsnip Stir-Fry

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- 1.5 pounds parsnips julienned peeled
- 0.3 cup butter
- 2 pounds carrots julienned
- 2 tablespoons dehydrated onion dried minced

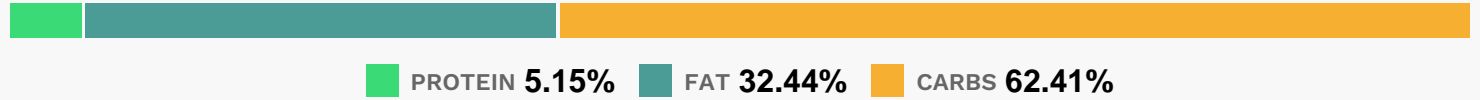
Equipment

- frying pan

Directions

- In a large skillet, saute parsnips in butter for 3–4 minutes.
- Add carrots and onion; cook and stir until vegetables are tender, about 10–15 minutes.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:16.202608842565%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 165.5kcal (8.28%), Fat: 6.29g (9.67%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 19.75g (7.18%), Sugar: 9.93g (11.03%), Cholesterol: 15.25mg (5.08%), Sodium: 132.62mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin A: 19121.78IU (382.44%), Vitamin K: 34.65µg (33%), Manganese: 0.66mg (32.79%), Fiber: 7.46g (29.83%), Vitamin C: 22.09mg (26.77%), Folate: 80.82µg (20.2%), Potassium: 703.78mg (20.11%), Vitamin E: 2.18mg (14.55%), Vitamin B6: 0.25mg (12.66%), Phosphorus: 105.56mg (10.56%), Vitamin B1: 0.16mg (10.53%), Magnesium: 39.56mg (9.89%), Vitamin B3: 1.73mg (8.63%), Vitamin B5: 0.84mg (8.45%), Copper: 0.16mg (7.91%), Calcium: 72.95mg (7.3%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.8mg (5.36%), Iron: 0.86mg (4.79%), Selenium: 1.78µg (2.54%)