






 **89%**
HEALTH SCORE

Carrot Top Salsa Verde with Roasted Root Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

6

CALORIES

256 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 5 fillet anchovy
- 6 servings pepper black freshly ground
- 3 tablespoons capers drained
- 3 cups carrot tops washed coarsely chopped chopped well
- 1 bunch carrots peeled scrubbed halved lengthwise
- 1 tablespoon rosemary fresh
- 2 teaspoons thyme leaves fresh

- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon fresh plus more to taste
- 0.7 cup olive oil extra-virgin
- 2 tablespoons olive oil
- 1 tablespoon oregano fresh such as chives, fennel fronds, or marjoram
- 1 pound parsnips cut into long wedges
- 0.3 teaspoon chile flakes red
- 2 cloves garlic whole peeled
- 1 pound yukon gold potatoes halved

Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- To make the salsa verde, place the anchovies, capers, and garlic in a food processor and pulse until finely chopped.
- Add the carrot tops, rosemary, oregano, thyme, red chile flakes, and lemon juice and process until finely chopped. With the processor running, gradually pour in the olive oil through the feed tube and puree until very smooth. Season to taste with pepper and more lemon juice, if you like. (The sauce can be stored in the refrigerator, tightly covered, for 2 days before serving.)
- To make the roasted vegetables, preheat the oven to 40
- Place the potatoes, carrots, and parsnips in a large bowl with the olive oil and salt and pepper to taste. Toss to coat, then spread the vegetables out in a single layer on two rimmed baking sheets with the potatoes cut side down. Roast until the vegetables are tender and golden, 30 to 40 minutes, flipping the potatoes and stirring the other vegetables halfway through and removing vegetables as they are done.
- Serve the vegetables warm, drizzled with some of the salsa verde.

Nutrition Facts

PROTEIN 8.25% FAT 34.93% CARBS 56.82%

Properties

Glycemic Index:54.43, Glycemic Load:16.77, Inflammation Score:-10, Nutrition Score:21.861304255931%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 256.31kcal (12.82%), Fat: 10.34g (15.91%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 30.16g (10.97%), Sugar: 7.04g (7.82%), Cholesterol: 2mg (0.67%), Sodium: 167.57mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin A: 9557.07IU (191.14%), Vitamin C: 57.4mg (69.57%), Vitamin K: 38.23µg (36.41%), Manganese: 0.73mg (36.28%), Fiber: 7.68g (30.74%), Iron: 4.57mg (25.4%), Potassium: 825.22mg (23.58%), Vitamin E: 3.12mg (20.77%), Vitamin B6: 0.4mg (20.15%), Folate: 77.96µg (19.49%), Calcium: 183.77mg (18.38%), Phosphorus: 160.26mg (16.03%), Vitamin B3: 3.08mg (15.41%), Vitamin B2: 0.24mg (14.1%), Magnesium: 53.28mg (13.32%), Copper: 0.24mg (11.84%), Vitamin B1: 0.17mg (11.56%), Vitamin B5: 0.88mg (8.8%), Zinc: 0.93mg (6.19%), Selenium: 3.12µg (4.45%)