



Cider-Glazed Roasted Root Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 1 cup sparkling apple cider
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons calvados (apple brandy)
- ☐ 12 ounces carrots peeled cut into 2x1/3-inch sticks (2 large)
- ☐ 1 tablespoon parsley fresh minced
- ☐ 12 ounces parsnips peeled cut into 2x1/3-inch sticks (3 large)
- ☐ 12 ounces rutabagas peeled cut into 2x1/3-inch sticks (2 medium)

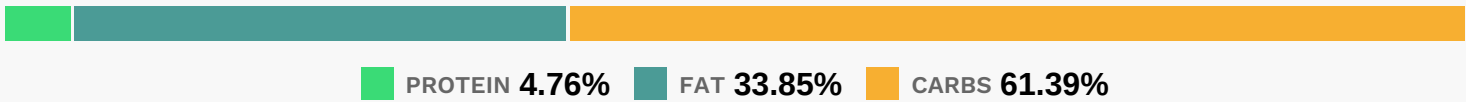
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F. Using 1/2 tablespoon butter, generously coat 17x12x1-inch heavy rimmed baking sheet. Arrange carrots, parsnips, and rutabagas in single layer on baking sheet.
- ☐ Drizzle cider over vegetables. Dot with remaining 2 1/2 tablespoons butter.
- ☐ Sprinkle with salt and pepper. Cover tightly with foil and bake until vegetables are almost crisp-tender, about 25 minutes. Stir vegetables to coat with juices.
- ☐ Bake uncovered until vegetables are tender and juices are almost evaporated, about 20 minutes.
- ☐ Drizzle Calvados over vegetables and toss to coat.
- ☐ Transfer mixture to serving bowl. Toss with parsley. Season to taste with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.43, Glycemic Load:10.03, Inflammation Score:-10, Nutrition Score:14.679130386399%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Apigenin: 3.62mg, Apigenin: 3.62mg, Apigenin: 3.62mg, Apigenin: 3.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 166.82kcal (8.34%), Fat: 6.13g (9.43%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 19.24g (7%), Sugar: 11.73g (13.04%), Cholesterol: 15.05mg (5.02%), Sodium: 98.6mg (4.29%),

Alcohol: 1.67g (100%), Alcohol %: 0.95% (100%), Protein: 1.94g (3.88%), Vitamin A: 9704.76IU (194.1%), Vitamin C: 28.4mg (34.42%), Vitamin K: 31.83µg (30.32%), Manganese: 0.5mg (25.2%), Fiber: 5.77g (23.08%), Potassium: 612.19mg (17.49%), Folate: 61.89µg (15.47%), Vitamin E: 1.56mg (10.4%), Vitamin B1: 0.15mg (9.93%), Vitamin B6: 0.19mg (9.7%), Phosphorus: 95.17mg (9.52%), Magnesium: 37.03mg (9.26%), Vitamin B3: 1.39mg (6.96%), Calcium: 69.25mg (6.92%), Vitamin B5: 0.62mg (6.15%), Copper: 0.12mg (5.92%), Vitamin B2: 0.09mg (5.52%), Iron: 0.85mg (4.7%), Zinc: 0.63mg (4.2%), Selenium: 1.58µg (2.26%)