



 **78%**
HEALTH SCORE

Cider-Roasted Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 1.5 pounds baby carrots peeled cut into 2-inch chunks)
- 1.5 pounds beets peeled cut into wedges (1 bunch)
- 4 tablespoons brown sugar
- 1 pound cremini mushrooms stemmed cleaned
- 4 tablespoons olive oil
- 1.5 pounds parsnips peeled cut into 2-inch chunks

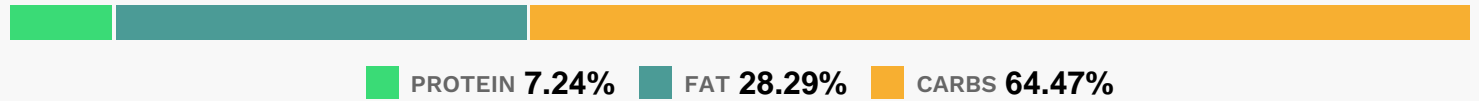
Equipment

- bowl
- oven
- whisk
- roasting pan

Directions

- Heat oven to 450 F.
- Place the vegetables in two small roasting pans. In a medium bowl, whisk together the brown sugar, oil, and vinegar.
- Pour over the vegetables and toss to coat well. Cook until tender, about 1 hour, stirring halfway.
- Add the mushrooms during the last 10 minutes, toss to coat well, and finish roasting. Season to taste with salt and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:9.48, Inflammation Score:-10, Nutrition Score:23.381304256294%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 228.07kcal (11.4%), Fat: 7.57g (11.64%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 29.44g (10.71%), Sugar: 20.69g (22.99%), Cholesterol: 0mg (0%), Sodium: 146.59mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin A: 11756.26IU (235.13%), Manganese: 0.98mg (48.91%), Folate: 186.88µg (46.72%), Fiber: 9.36g (37.42%), Potassium: 1061.7mg (30.33%), Vitamin K: 31.51µg (30.01%), Copper: 0.54mg (26.88%), Selenium: 17.71µg (25.3%), Vitamin C: 20.84mg (25.26%), Vitamin B2: 0.38mg (22.65%), Phosphorus: 186.8mg (18.68%), Vitamin B5: 1.84mg (18.42%), Vitamin B3: 3.51mg (17.57%), Vitamin E: 2.31mg (15.43%), Magnesium: 58.56mg (14.64%), Vitamin B6: 0.29mg (14.38%), Iron: 2.26mg (12.53%), Vitamin B1: 0.18mg (12.15%), Zinc: 1.57mg (10.47%), Calcium: 86.96mg (8.7%)