



HEALTH SCORE

87%

Cranberry Roasted Winter Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 pound brussels sprouts halved quartered (, if large)
- ☐ 1.5 lb carrots halved lengthwise cut into 1-inch pieces
- ☐ 1 cup cranberries fresh frozen thawed
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 4 teaspoons blackstrap molasses
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

☐ 2 lb turnip peeled cut into 1-inch pieces*

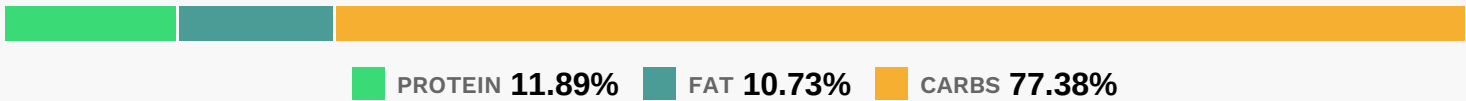
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Lightly grease 2 large jelly-roll pans; place carrots and turnips in one pan and Brussels sprouts in second pan. Divide rosemary and next 3 ingredients between carrot mixture and Brussels sprouts; toss each to coat.
- ☐ Bake both pans at 400 at the same time.
- ☐ Bake carrot mixture 30 minutes, stirring once; add cranberries, and bake 5 minutes or until carrots and turnips are tender and browned and cranberries begin to soften.
- ☐ Bake Brussels sprouts 15 to 20 minutes or until tender and browned, stirring once.
- ☐ Remove vegetables from oven, and combine in a large serving bowl.
- ☐ Drizzle with molasses, and toss to coat.
- ☐ *2 lb. parsnips may be substituted.

Nutrition Facts



Properties

Glycemic Index:34.1, Glycemic Load:9.1, Inflammation Score:-10, Nutrition Score:22.37391312226%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg,

Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg
Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg,
Epigallocatechin 3–gallate: 0.12mg Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg
Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.71mg, Kaempferol: 0.71mg,
Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin:
0.86mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 116.23kcal (5.81%), Fat: 1.52g (2.34%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 24.72g (8.24%), Net
Carbohydrates: 17.64g (6.42%), Sugar: 12.74g (14.15%), Cholesterol: 0mg (0%), Sodium: 368.49mg (16.02%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin A: 14650.88IU (293.02%), Vitamin K:
113.03µg (107.64%), Vitamin C: 78.83mg (95.55%), Manganese: 0.57mg (28.71%), Fiber: 7.08g (28.31%), Potassium:
772.96mg (22.08%), Vitamin B6: 0.38mg (18.76%), Folate: 68.16µg (17.04%), Vitamin B1: 0.18mg (12.23%),
Magnesium: 45.28mg (11.32%), Phosphorus: 102.23mg (10.22%), Copper: 0.2mg (10.01%), Calcium: 95.29mg
(9.53%), Vitamin E: 1.4mg (9.36%), Iron: 1.61mg (8.96%), Vitamin B3: 1.76mg (8.8%), Vitamin B2: 0.14mg (8.08%),
Vitamin B5: 0.7mg (7.02%), Zinc: 0.77mg (5.16%), Selenium: 2.43µg (3.46%)