

Dilled Fall Vegetables

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



142 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 1 cup carrots sliced
- 0.3 teaspoon optional: dill
- 1 tablespoon honey
- 2 tablespoons juice of lemon
- 2 servings salt and pepper to taste
- 1 cup turnip peeled chopped

Equipment

sauce pan

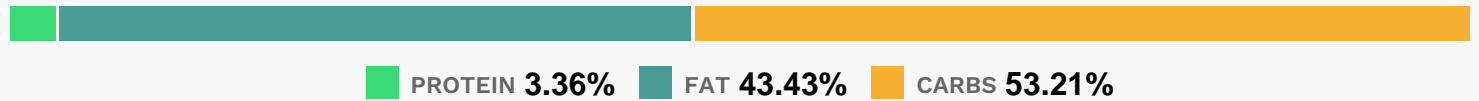
Directions

Place 1 in. of water in a saucepan; add carrots and turnips. Bring to a boil. Reduce heat; cover and simmer for 7–9 minutes or until crisp–tender.

Drain.

Combine the remaining ingredients; drizzle over vegetables and toss lightly.

Nutrition Facts



Properties

Glycemic Index:93.55, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:10.30782606809%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 141.55kcal (7.08%), Fat: 7.25g (11.16%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 16.97g (6.17%), Sugar: 14.5g (16.11%), Cholesterol: 0mg (0%), Sodium: 282.08mg (12.26%), Alcohol: 0g (100%), Protein: 1.26g (2.53%), Vitamin A: 10693.71IU (213.87%), Vitamin C: 23.29mg (28.24%), Vitamin K: 13.5µg (12.86%), Fiber: 3.03g (12.11%), Vitamin E: 1.69mg (11.26%), Potassium: 349.99mg (10%), Manganese: 0.19mg (9.47%), Vitamin B6: 0.16mg (7.81%), Folate: 25.14µg (6.28%), Vitamin B1: 0.07mg (4.79%), Vitamin B3: 0.92mg (4.58%), Copper: 0.09mg (4.52%), Calcium: 42.3mg (4.23%), Phosphorus: 41.58mg (4.16%), Magnesium: 15.95mg (3.99%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.33mg (3.32%), Iron: 0.45mg (2.48%), Zinc: 0.36mg (2.4%)