



DSF's Honey Roasted Carrots And Parsnips

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- 3 carrots peeled
- 4 servings salt and ground pepper black to taste
- 0.3 cup honey
- 2 tablespoons olive oil
- 3 parsnips peeled

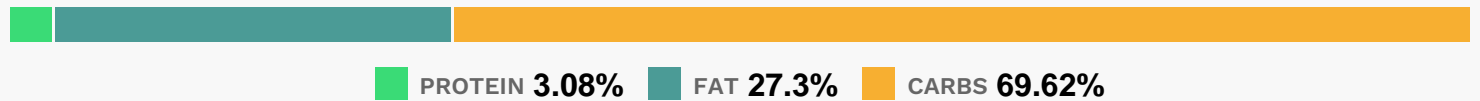
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange carrots and parsnips in a baking dish; drizzle with olive oil. Toss to evenly coat vegetables.
- Pour honey over coated vegetables and season with salt and pepper; toss to coat.
- Bake in the preheated oven until vegetables are very tender, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:45.78, Glycemic Load:18.48, Inflammation Score:-10, Nutrition Score:16.223913223847%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 232.49kcal (11.62%), Fat: 7.46g (11.48%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 35.77g (13.01%), Sugar: 25.14g (27.94%), Cholesterol: 0mg (0%), Sodium: 44.2mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin A: 7643.54IU (152.87%), Manganese: 0.75mg (37.31%), Vitamin K: 36.57µg (34.83%), Fiber: 7.04g (28.18%), Vitamin C: 22.57mg (27.35%), Folate: 87.02µg (21.76%), Vitamin E: 3.04mg (20.29%), Potassium: 594.75mg (16.99%), Phosphorus: 99.56mg (9.96%), Magnesium: 39.8mg (9.95%), Vitamin B1: 0.13mg (9%), Vitamin B6: 0.17mg (8.66%), Copper: 0.17mg (8.45%), Vitamin B5: 0.84mg (8.38%), Vitamin B3: 1.29mg (6.45%), Calcium: 58.73mg (5.87%), Zinc: 0.84mg (5.62%), Vitamin B2: 0.09mg (5.46%), Iron: 0.96mg (5.34%), Selenium: 2.31µg (3.3%)