



HEALTH SCORE

94%

Everyday Roast Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 1 pound beets peeled cut into wedges
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound carrots peeled
- ☐ 0.5 cup parsley fresh coarsely chopped for garnish
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cranberry-orange relish cut in half
- ☐ 1 pound parsnips peeled
- ☐ 1 onion red cut into wedges

☐ 0.3 teaspoon salt

Equipment

☐ bowl

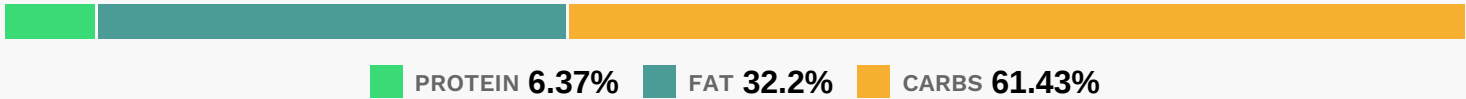
☐ oven

☐ roasting pan

Directions

- ☐ Preheat oven to 400F. In a bowl, toss carrots, parsnips, beets, and onion with olive oil; season with salt and pepper.
- ☐ Spread vegetables in a single layer on roasting pan, leaving as much space as possible between each. Roast until lightly browned and just tender (50–60 minutes), stirring halfway through baking.
- ☐ Remove; squeeze orange juice over top. Toss and transfer to platter.
- ☐ Serve with parsley.

Nutrition Facts



Properties

Glycemic Index:74.08, Glycemic Load:18.19, Inflammation Score:-10, Nutrition Score:29.840869571852%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 302.53kcal (15.13%), Fat: 11.44g (17.59%), Saturated Fat: 1.6g (10%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 35.65g (12.96%), Sugar: 22.78g (25.31%), Cholesterol: 0mg (0%), Sodium: 328.91mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.17%), Vitamin A: 19688.43IU (393.77%), Vitamin K:

170.35µg (162.23%), Vitamin C: 60.96mg (73.89%), Manganese: 1.24mg (62.11%), Folate: 247.6µg (61.9%), Fiber: 13.44g (53.76%), Potassium: 1299.43mg (37.13%), Vitamin E: 4.12mg (27.45%), Magnesium: 82.57mg (20.64%), Vitamin B6: 0.39mg (19.71%), Phosphorus: 182.67mg (18.27%), Vitamin B1: 0.26mg (17.32%), Copper: 0.31mg (15.53%), Iron: 2.54mg (14.13%), Vitamin B5: 1.31mg (13.13%), Calcium: 126.91mg (12.69%), Vitamin B3: 2.51mg (12.56%), Vitamin B2: 0.2mg (11.53%), Zinc: 1.49mg (9.93%), Selenium: 3.26µg (4.66%)