



## Garlic Roasted Winter Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

### Ingredients

- 1 cup butternut squash cubed peeled
- 2 medium carrots
- 0.3 teaspoon thyme dried
- 3 garlic clove whole separated peeled
- 4.5 teaspoons olive oil
- 1 medium parsnips
- 0.3 teaspoon pepper
- 1 cup potatoes - remove skin red cubed

- 0.3 teaspoon salt
- 3 shallots quartered
- 1 medium turnip

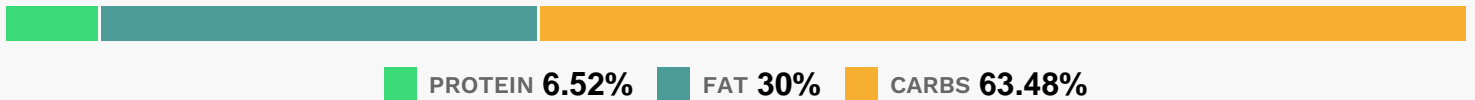
## Equipment

- bowl
- oven
- baking pan

## Directions

- Peel the carrots, turnip and parsnip; cut into 1-in. pieces.
- Place in a large bowl; add the potatoes, squash, garlic, shallots, oil, salt, thyme and pepper. Toss to coat.
- Transfer to a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake, uncovered, at 400° for 45–50 minutes or until tender, stirring once.

## Nutrition Facts



## Properties

Glycemic Index:43.97, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:10.841304369595%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 90.73kcal (4.54%), Fat: 3.21g (4.94%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 11.95g (4.34%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 132.17mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 5880.77IU (117.62%), Vitamin C: 17.33mg (21%), Manganese: 0.34mg (17.07%), Fiber: 3.35g (13.39%), Vitamin K: 11.92µg (11.35%), Potassium: 389.05mg (11.12%), Vitamin B6: 0.19mg (9.45%), Folate: 37.19µg (9.3%), Vitamin E: 1.3mg (8.7%), Magnesium: 26.09mg (6.52%), Vitamin B1: 0.09mg (5.94%), Phosphorus: 56.28mg (5.63%), Copper: 0.11mg (5.4%), Vitamin B3: 0.92mg (4.62%), Iron:

0.78mg (4.34%), Calcium: 43.15mg (4.31%), Vitamin B5: 0.43mg (4.26%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.04mg (2.58%), Selenium: 1.18µg (1.68%)