



Glazed Parsnips, Carrots, and Pearl Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 3.5 cups diagonally cut carrot
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cups diagonally cut parsnip
- ☐ 10 ounces pearl onions frozen
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 1 cup water
- ☐ 1 tablespoon citrus champagne vinegar

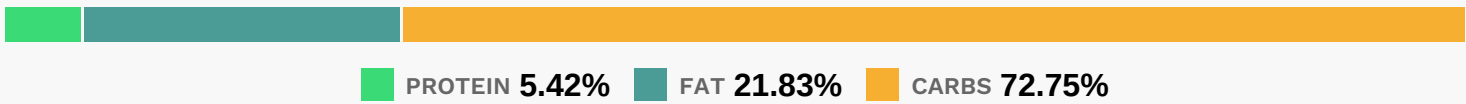
Equipment

- ☐ frying pan

Directions

- ☐ Combine all ingredients in a large nonstick skillet; bring to a boil. Cook 12 minutes or until vegetables are tender and liquid is slightly syrupy, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:48.82, Glycemic Load:9.24, Inflammation Score:-10, Nutrition Score:12.421304354525%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 140.24kcal (7.01%), Fat: 3.21g (4.94%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 19g (6.91%), Sugar: 11.86g (13.17%), Cholesterol: 7.53mg (2.51%), Sodium: 471.15mg (20.48%), Alcohol: 2.06g (100%), Alcohol %: 1.1% (100%), Protein: 1.8g (3.59%), Vitamin A: 12562.45IU (251.25%), Manganese: 0.45mg (22.35%), Fiber: 5.08g (20.31%), Vitamin K: 20.41µg (19.44%), Vitamin C: 15.45mg (18.73%), Potassium: 490.9mg (14.03%), Folate: 53.18µg (13.29%), Vitamin B6: 0.21mg (10.49%), Vitamin E: 1.24mg (8.3%), Phosphorus: 76.02mg (7.6%), Vitamin B1: 0.11mg (7.48%), Magnesium: 29.19mg (7.3%), Copper: 0.11mg (5.69%), Vitamin B3: 1.12mg (5.61%), Calcium: 55.9mg (5.59%), Vitamin B5: 0.54mg (5.41%), Vitamin B2: 0.08mg (4.9%), Zinc: 0.55mg (3.7%), Iron: 0.66mg (3.67%), Selenium: 1.19µg (1.7%)