



Herb-Roasted Root Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots
- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 0.5 pound cipollini onions
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 teaspoon thyme leaves fresh
- 0.5 teaspoon kosher salt
- 4 teaspoons olive oil

- 0.8 pound potatoes red quartered
- 1 tablespoon rosemary needles fresh

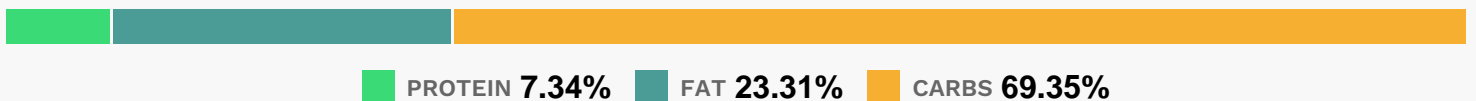
Equipment

- bowl
- sauce pan
- oven
- broiler pan

Directions

- Preheat oven to 47
- Place onions in a medium saucepan, and cover with water. Bring to a boil, and cook 1 minute.
- Drain and plunge onions into ice water.
- Drain and peel.
- Place onions, carrots, and potatoes in a broiler pan.
- Add rosemary and next 4 ingredients; toss to coat.
- Bake at 475 for 35 minutes, stirring after 17 minutes.
- Place vegetables in a serving bowl.
- Add flat-leaf parsley and balsamic vinegar; toss gently.
- Cipollini: We found cipollini ("little onions") in a variety of supermarkets as well as specialty stores. They are small, round, flat onions that have a touch of sweetness. We also tested with two small Vidalia onions, chopped, and liked the flavor as well. To easily remove the skins from cipollini onions, boil them for 1 minute, and then plunge then into an ice-water bath. The skins will slip off easily.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:11.866086965022%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 108.86kcal (5.44%), Fat: 2.92g (4.5%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 15.59g (5.67%), Sugar: 6.34g (7.05%), Cholesterol: 0mg (0%), Sodium: 266.04mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 10568.61IU (211.37%), Vitamin K: 32.65µg (31.09%), Fiber: 3.98g (15.91%), Vitamin C: 12.02mg (14.57%), Potassium: 509.25mg (14.55%), Manganese: 0.28mg (13.96%), Vitamin B6: 0.23mg (11.25%), Folate: 40.37µg (10.09%), Copper: 0.17mg (8.71%), Iron: 1.38mg (7.67%), Phosphorus: 68.83mg (6.88%), Magnesium: 25.93mg (6.48%), Vitamin B1: 0.09mg (5.84%), Vitamin B3: 1.14mg (5.72%), Vitamin B5: 0.52mg (5.2%), Calcium: 44.41mg (4.44%), Vitamin B2: 0.06mg (3.45%), Vitamin E: 0.41mg (2.73%), Zinc: 0.41mg (2.72%), Selenium: 1.16µg (1.66%)