



Herb Roasted Root Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- 2 medium turnip peeled cut into 1-inch pieces (3 cups)
- 2 medium parsnips peeled cut into 1/2-inch pieces (1 1/2 cups)
- 1 medium onion red cut into 1-inch wedges (1 cup)
- 1 cup baby carrots
- 1 serving pam original flavor shopping list
- 2 teaspoons seasoning italian
- 0.5 teaspoon coarse salt

Equipment

frying pan

oven

Directions

Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. Arrange vegetables in single layer in pan. Spray with cooking spray (2 or 3 seconds).

Sprinkle with Italian seasoning and salt.

Roast uncovered 45 to 55 minutes, stirring once, until vegetables are tender.

Nutrition Facts



PROTEIN 7.75% **FAT 3.57%** **CARBS 88.68%**

Properties

Glycemic Index:26.17, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:9.8447826426962%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 66.84kcal (3.34%), Fat: 0.28g (0.44%), Saturated Fat: 0.06g (0.34%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 11.37g (4.13%), Sugar: 5.85g (6.49%), Cholesterol: 0mg (0%), Sodium: 243.75mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin A: 2953.57IU (59.07%), Vitamin C: 19.25mg (23.33%), Manganese: 0.43mg (21.67%), Fiber: 4.48g (17.91%), Vitamin K: 17.89µg (17.04%), Folate: 51.54µg (12.89%), Potassium: 357.19mg (10.21%), Vitamin B6: 0.13mg (6.72%), Copper: 0.13mg (6.47%), Magnesium: 25.23mg (6.31%), Vitamin E: 0.91mg (6.05%), Phosphorus: 59.94mg (5.99%), Calcium: 52.61mg (5.26%), Vitamin B1: 0.08mg (5.25%), Vitamin B5: 0.51mg (5.06%), Iron: 0.9mg (5.01%), Vitamin B3: 0.7mg (3.48%), Zinc: 0.5mg (3.34%), Vitamin B2: 0.05mg (3.19%), Selenium: 1.53µg (2.18%)