



Herb Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baby carrots
- ☐ 0.5 teaspoon coarse salt
- ☐ 2 teaspoons seasoning italian
- ☐ 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)
- ☐ 2 medium turnip peeled cut into 1-inch pieces (3 cups)

Equipment

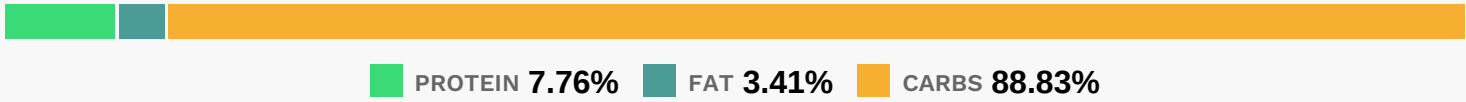
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 425F. 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



Properties

Glycemic Index:26.17, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:9.8443478501361%

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: 66.7kcal (3.34%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 11.36g (4.13%), Sugar: 5.85g (6.49%), Cholesterol: 0mg (0%), Sodium: 243.74mg (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 (12.88%), 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%)