



Herbed Roasted Winter Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 2 acorn squash unpeeled halved seeded cut into 6 wedges
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 12 garlic cloves peeled
- ☐ 3 large golden beets peeled cut into 6 wedges
- ☐ 0.3 cup olive oil
- ☐ 2 large parsnips peeled
- ☐ 3 large beets red peeled cut into 6 wedges

- ☐ 1 large rutabaga peeled cut into 12 wedges
- ☐ 8 large shallots peeled halved
- ☐ 2 tablespoons summer savory fresh chopped
- ☐ 2 medium turnips peeled cut into 6 wedges

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F. Spray 2 large rimmed baking sheets with nonstick spray. Melt butter with olive oil in small saucepan over medium-low heat.
- ☐ Combine red beets, large pinch of thyme, large pinch of savory, and 1 tablespoon melted butter mixture in medium bowl.
- ☐ Sprinkle with salt and pepper and toss to coat. Turn beets out onto 1 side of 1 prepared sheet.
- ☐ Combine all remaining vegetables and herbs, garlic, and remaining butter mixture in large bowl.
- ☐ Sprinkle generously with salt and pepper and toss to coat. Divide vegetable mixture between prepared baking sheets.
- ☐ Roast vegetables 30 minutes. Reverse baking sheets and continue to roast until all vegetables are tender, stirring occasionally, about 45 minutes longer. (Can be prepared 4 hours ahead.)
- ☐ Let stand at room temperature. Rewarm in 350°F oven about 20 minutes.)
- ☐ Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:12.27, Inflammation Score:-9, Nutrition Score:18.482608654253%

Flavonoids

Apigenin: 2.51mg, Apigenin: 2.51mg, Apigenin: 2.51mg, Apigenin: 2.51mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 225.31kcal (11.27%), Fat: 8.04g (12.37%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 27.88g (10.14%), Sugar: 15.42g (17.13%), Cholesterol: 7.53mg (2.51%), Sodium: 157.96mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Manganese: 1.09mg (54.64%), Vitamin C: 44.68mg (54.16%), Folate: 200.71µg (50.18%), Fiber: 9.88g (39.53%), Potassium: 1124.78mg (32.14%), Magnesium: 92.34mg (23.08%), Vitamin B6: 0.45mg (22.54%), Iron: 3.5mg (19.45%), Vitamin B1: 0.26mg (17.24%), Calcium: 158.28mg (15.83%), Phosphorus: 158.31mg (15.83%), Copper: 0.27mg (13.37%), Vitamin A: 580.05IU (11.6%), Vitamin B3: 1.85mg (9.24%), Vitamin E: 1.38mg (9.18%), Vitamin K: 9.44µg (8.99%), Vitamin B5: 0.87mg (8.72%), Zinc: 1.16mg (7.75%), Vitamin B2: 0.12mg (7.04%), Selenium: 3.14µg (4.49%)