



Honey and Herb-Roasted Root Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups butternut squash cubed peeled ()
- ☐ 1.5 teaspoons cider vinegar
- ☐ 1.5 cups fennel bulb sliced (1 small bulb)
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 6 garlic cloves peeled
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon olive oil

- ☐ 1 cup parsnips ()
- ☐ 1.3 cups potatoes red cubed ()
- ☐ 0.8 teaspoon salt
- ☐ 3 large shallots peeled halved
- ☐ 1 cup turnip cubed peeled ()

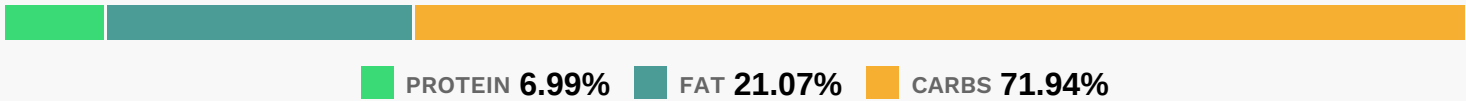
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 11 ingredients in a large bowl; toss well. Arrange vegetable mixture in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 25 minutes or until vegetables are browned and tender.
- ☐ Place vegetable mixture in a large bowl.
- ☐ Add honey and cider vinegar to vegetables, and toss well.

Nutrition Facts



Properties

Glycemic Index:99.82, Glycemic Load:7.45, Inflammation Score:-10, Nutrition Score:16.057391384374%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 152.25kcal (7.61%), Fat: 3.83g (5.9%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 24g (8.73%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 487.85mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin A: 5639.82IU (112.8%), Vitamin C: 32.76mg (39.71%), Vitamin K: 31.8µg (30.28%), Manganese: 0.59mg (29.57%), Fiber: 5.45g (21.78%), Potassium: 701.35mg (20.04%), Vitamin B6: 0.32mg (15.91%), Folate: 61.1µg (15.28%), Vitamin E: 1.97mg (13.13%), Magnesium: 47.66mg (11.91%), Phosphorus: 99.27mg (9.93%), Copper: 0.19mg (9.68%), Vitamin B1: 0.14mg (9.21%), Calcium: 82.65mg (8.27%), Iron: 1.48mg (8.2%), Vitamin B3: 1.55mg (7.76%), Vitamin B5: 0.7mg (7.03%), Zinc: 0.65mg (4.35%), Vitamin B2: 0.07mg (3.92%), Selenium: 2.35µg (3.36%)