



WHATSheATE



Honey-Baked Root Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots cut into 4 x 1/2-inch sticks
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon butter melted
- ☐ 1 pound rutabaga cut into 4 x 1/2-inch sticks
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Combine honey, margarine, and salt in a large bowl; stir well.
- ☐ Add carrot and rutabaga; toss to coat vegetables.
- ☐ Arrange the vegetables in a single layer in a 15 x 10-inch jelly-roll pan coated with cooking spray.
- ☐ Bake at 375 for 1 hour or until the vegetables are tender, stirring occasionally.
- ☐ Note: Substitute "squeeze" or liquid margarine for the melted margarine, if desired.

Nutrition Facts



Properties

Glycemic Index:42.78, Glycemic Load:13.27, Inflammation Score:-10, Nutrition Score:14.16782611074%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 145.54kcal (7.28%), Fat: 3.27g (5.03%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 23.52g (8.55%), Sugar: 19.05g (21.17%), Cholesterol: 0mg (0%), Sodium: 270.62mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 19071.75IU (381.43%), Vitamin C: 35.1mg (42.54%), Fiber: 5.8g (23.22%), Potassium: 715.7mg (20.45%), Manganese: 0.32mg (15.97%), Vitamin K: 15.31µg (14.58%), Vitamin B6: 0.27mg (13.64%), Vitamin B1: 0.18mg (11.82%), Folate: 45.6µg (11.4%), Phosphorus: 101.02mg (10.1%), Vitamin B3: 1.92mg (9.61%), Magnesium: 36.61mg (9.15%), Calcium: 87.95mg (8.8%), Vitamin E: 1.2mg (7.98%), Vitamin B2: 0.12mg (6.85%), Vitamin B5: 0.5mg (5.01%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.56%), Zinc: 0.57mg (3.79%), Selenium: 0.99µg (1.42%)