



Honey-Glazed Roasted Fall Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 3 medium beets
- ☐ 0.8 cup chicken broth
- ☐ 1.5 tablespoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 3 purple onions
- ☐ 1 teaspoon salt

- ☐ 3 medium turnips
- ☐ 3 medium yukon gold

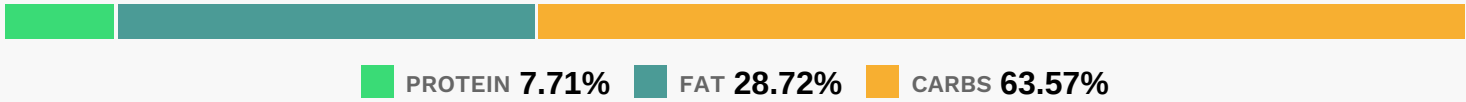
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Peel first 3 ingredients; cut each into 8 wedges. Toss together vegetable wedges, chicken broth, and next 3 ingredients in a large bowl.
- ☐ Spread wedges evenly in a 15- x 10-inch jellyroll pan; pour chicken broth mixture over vegetables in pan.
- ☐ Bake at 375 for 20 minutes.
- ☐ Peel turnips, and cut each into 8 wedges.
- ☐ Add to baked vegetables, stirring to coat well; bake 20 more minutes or until liquid is absorbed.
- ☐ Stir together lemon juice and honey; add to vegetables, tossing well.
- ☐ Note: To make ahead, chill vegetables after baking 40 minutes.
- ☐ Remove from refrigerator; let stand 30 minutes.
- ☐ Bake, covered, at 375 for 15 minutes; toss with lemon juice mixture.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:15.02, Inflammation Score:-5, Nutrition Score:9.3391303267816%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg, Quercetin: 8.92mg

Nutrients (% of daily need)

Calories: 166.65kcal (8.33%), Fat: 5.56g (8.56%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 22.94g (8.34%), Sugar: 11.72g (13.02%), Cholesterol: 0.44mg (0.15%), Sodium: 458.6mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin C: 29.81mg (36.14%), Folate: 95.24µg (23.81%), Manganese: 0.45mg (22.61%), Fiber: 4.76g (19.05%), Potassium: 634.83mg (18.14%), Vitamin B6: 0.32mg (16.22%), Magnesium: 39.23mg (9.81%), Copper: 0.18mg (8.94%), Phosphorus: 87.69mg (8.77%), Vitamin B1: 0.11mg (7.58%), Iron: 1.31mg (7.28%), Vitamin B3: 1.17mg (5.87%), Vitamin E: 0.83mg (5.5%), Vitamin B2: 0.09mg (5.06%), Vitamin K: 4.91µg (4.68%), Vitamin B5: 0.44mg (4.41%), Calcium: 43.19mg (4.32%), Zinc: 0.63mg (4.2%), Selenium: 1.29µg (1.85%)