

Honey Parsnips



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup honey
- ☐ 5 parsnips cubed peeled
- ☐ 0.5 cup warm water

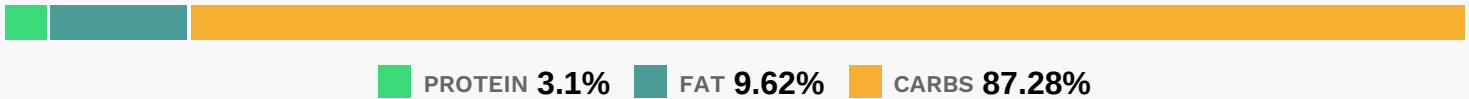
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Stir together water, butter, and honey in a large bowl until the honey has dissolved.
- ☐ Add the parsnips and toss to coat. Scrape the parsnips and honey sauce into a 9x12 inch glass baking dish
- ☐ Bake uncovered in preheated oven until the parsnips are very soft, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:20.93, Inflammation Score:-4, Nutrition Score:10.66826094525%

Flavonoids

Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 199.49kcal (9.97%), Fat: 2.28g (3.51%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 40.13g (14.59%), Sugar: 29.39g (32.66%), Cholesterol: 5.02mg (1.67%), Sodium: 30.04mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Manganese: 0.75mg (37.3%), Vitamin K: 29.23µg (27.83%), Vitamin C: 22.1mg (26.79%), Fiber: 6.39g (25.54%), Folate: 87.18µg (21.79%), Potassium: 499.63mg (14.27%), Vitamin E: 1.98mg (13.19%), Magnesium: 38.27mg (9.57%), Phosphorus: 93.4mg (9.34%), Copper: 0.17mg (8.42%), Vitamin B5: 0.8mg (7.97%), Vitamin B1: 0.12mg (7.76%), Vitamin B6: 0.12mg (6.15%), Zinc: 0.83mg (5.52%), Calcium: 49.35mg (4.93%), Iron: 0.88mg (4.9%), Vitamin B3: 0.94mg (4.7%), Vitamin B2: 0.08mg (4.48%), Selenium: 2.57µg (3.68%), Vitamin A: 58.31IU (1.17%)