



Honey-Roasted Carrots and Parsnips



Vegetarian



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients



3 medium carrots cut into 1/2-inch-thick slices



1 tablespoon ginger fresh grated peeled



1 teaspoon thyme leaves fresh chopped



2 tablespoons honey



1 tablespoon olive oil



3 medium parsnips cut into 1/2-inch-thick slices



0.1 teaspoon pepper



0.3 teaspoon salt

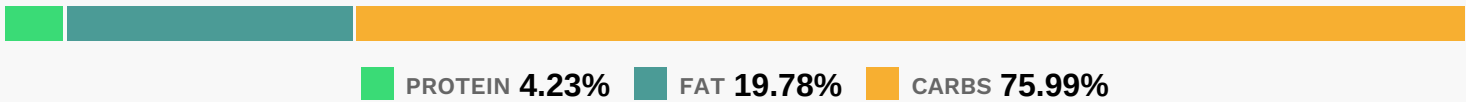
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a heavy-duty zip-top plastic bag; seal and shake to coat.
- ☐ Arrange vegetable mixture in a single layer in a jelly roll pan coated with cooking spray.
- ☐ Bake at 425 for 5 minutes.
- ☐ Sprinkle with ginger; toss to coat.
- ☐ Bake an additional 16 minutes, stirring occasionally.
- ☐ Drizzle honey over vegetable mixture; toss gently to coat.
- ☐ Bake an additional 5 minutes or until lightly browned.
- ☐ Sprinkle with thyme.

Nutrition Facts



Properties

Glycemic Index:60.78, Glycemic Load:13.95, Inflammation Score:-10, Nutrition Score:16.086956594301%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 170.87kcal (8.54%), Fat: 3.98g (6.13%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 27.3g (9.93%), Sugar: 16.4g (18.22%), Cholesterol: 0mg (0%), Sodium: 189.31mg (8.23%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin A: 7667.09IU (153.34%), Manganese: 0.75mg (37.29%), Vitamin K: 34.41µg (32.77%), Fiber: 7.12g (28.48%), Vitamin C: 23.4mg (28.37%), Folate: 87.22µg (21.8%), Potassium: 599mg (17.11%), Vitamin E: 2.54mg (16.96%), Magnesium: 41.08mg (10.27%), Phosphorus: 100.19mg (10.02%), Vitamin B1: 0.14mg (9.04%), Vitamin B6: 0.17mg (8.75%), Copper: 0.17mg (8.58%), Vitamin B5: 0.84mg (8.36%), Vitamin B3: 1.3mg (6.5%), Calcium: 60.28mg (6.03%), Zinc: 0.83mg (5.57%), Iron: 0.99mg (5.51%), Vitamin B2: 0.09mg (5.39%), Selenium: 2.24µg (3.2%)