



Honey-Roasted Root Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

- 1.5 cups carrots coarsely chopped (2 medium)
- 0.3 cup honey
- 2 tablespoons olive oil
- 1.5 cups parsnips coarsely chopped (2 medium)
- 0.5 teaspoon salt
- 3 shallots halved
- 2 cups sweet potatoes and into peeled coarsely chopped (1 large)
- 1.5 cups turnip peeled coarsely chopped (2 medium)

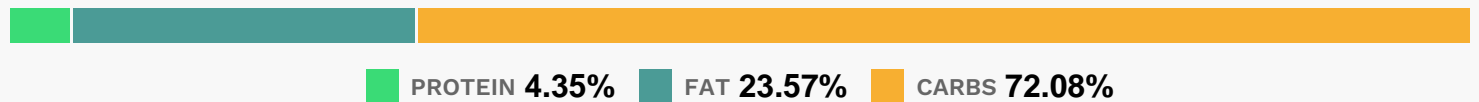
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 45
- Combine all ingredients except the cooking spray in a large bowl; toss to coat.
- Place vegetable mixture on a jelly-roll pan coated with cooking spray.
- Bake at 450 for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:11.52, Inflammation Score:-10, Nutrition Score:10.419130418612%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 133.86kcal (6.69%), Fat: 3.68g (5.67%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 21.7g (7.89%), Sugar: 14.09g (15.65%), Cholesterol: 0mg (0%), Sodium: 200.63mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 8726.99IU (174.54%), Manganese: 0.33mg (16.43%), Vitamin C: 12.38mg (15%), Fiber: 3.65g (14.61%), Vitamin K: 11.58µg (11.03%), Potassium: 365.81mg (10.45%), Vitamin B6: 0.18mg (9.09%), Folate: 31.98µg (8%), Vitamin E: 1.13mg (7.54%), Copper: 0.12mg (6.19%), Magnesium: 23.29mg (5.82%), Vitamin B5: 0.56mg (5.64%), Phosphorus: 54.36mg (5.44%), Vitamin B1: 0.08mg (5.31%), Calcium: 38.41mg (3.84%), Iron: 0.67mg (3.74%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.43mg (2.88%), Selenium: 1.04µg (1.49%)