



Honey-roasted swede with chilli & cumin



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 large rutabaga peeled cut into large chunks
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp clear honey
- ☐ 1 tsp cumin seeds
- ☐ 1 large to 5 chillies red deseeded chopped
- ☐ 1 small bunch cilantro leaves chopped

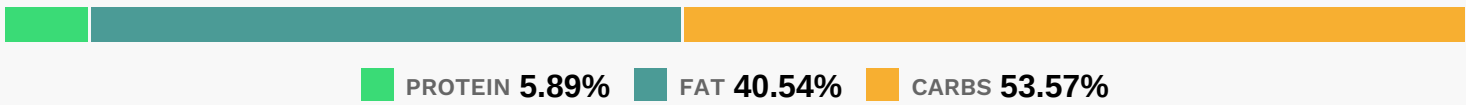
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the swede in olive oil in a shallow roasting tin, then season. Roast in the oven for 35–40 mins, tossing occasionally, until the swede is golden and soft.
- ☐ Stir in the honey and cumin seeds, and continue to roast for 10 mins until just starting to catch.
- ☐ Remove and stir through the chilli and coriander to serve.

Nutrition Facts



Properties

Glycemic Index:51.57, Glycemic Load:11.42, Inflammation Score:-6, Nutrition Score:11.399130448051%

Flavonoids

Apigenin: 7.44mg, Apigenin: 7.44mg, Apigenin: 7.44mg, Apigenin: 7.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 4.11mg, Myricetin: 4.11mg, Myricetin: 4.11mg, Myricetin: 4.11mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 156.18kcal (7.81%), Fat: 7.49g (11.52%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 17.53g (6.37%), Sugar: 13.54g (15.05%), Cholesterol: 0mg (0%), Sodium: 26.32mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin C: 65.02mg (78.82%), Fiber: 4.73g (18.92%), Potassium: 647.48mg (18.5%), Manganese: 0.3mg (15.2%), Vitamin B6: 0.26mg (12.82%), Vitamin B1: 0.19mg (12.43%), Vitamin K: 12.6µg (12%), Vitamin E: 1.73mg (11.55%), Folate: 44.51µg (11.13%), Phosphorus: 110.92mg (11.09%), Magnesium: 43.73mg (10.93%), Calcium: 91.18mg (9.12%), Iron: 1.41mg (7.83%), Vitamin B3: 1.54mg (7.72%), Vitamin B2: 0.09mg (5.52%), Vitamin A: 252.59IU (5.05%), Copper: 0.09mg (4.36%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.35mg (3.46%), Selenium: 1.49µg (2.14%)