



 **48%**
HEALTH SCORE

Honey-Roasted Vegetables

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- 2 medium sweet potatoes and into peeled halved cut into ½-inch pieces (1 pound total)
- 4 medium carrots cut into ½-inch pieces
- 2 medium parsnips peeled cut into ½-inch pieces
- 0.5 cup walnut halves
- 0.3 cup honey
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 3 sprigs thyme leaves

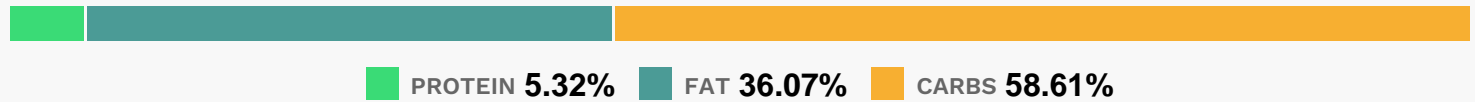
Equipment

- oven
- knife
- baking pan

Directions

- Preheat oven to 375 degrees. In a 3-quart baking dish, toss together sweet potatoes, carrots, parsnips, walnuts, honey, and oil; season with salt and pepper. Top with thyme sprigs and roast until vegetables are browned at edges and tender when pierced with a knife, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:76.53, Glycemic Load:27.78, Inflammation Score:-10, Nutrition Score:22.295217555502%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 403.77kcal (20.19%), Fat: 17.03g (26.19%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 52.16g (18.97%), Sugar: 29.13g (32.37%), Cholesterol: 0mg (0%), Sodium: 127.09mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Vitamin A: 26261.41IU (525.23%), Manganese: 1.35mg (67.36%), Fiber: 10.08g (40.31%), Vitamin K: 32.15µg (30.62%), Potassium: 948.66mg (27.1%), Copper: 0.54mg (26.82%), Vitamin C: 20.99mg (25.44%), Vitamin B6: 0.48mg (23.86%), Folate: 91.13µg (22.78%), Magnesium: 83.38mg (20.84%), Vitamin E: 2.97mg (19.77%), Phosphorus: 183.08mg (18.31%), Vitamin B1: 0.25mg (16.72%), Vitamin B5: 1.64mg (16.4%), Iron: 2.03mg (11.3%), Vitamin B2: 0.18mg (10.44%), Calcium: 101.43mg (10.14%), Vitamin B3: 1.98mg (9.91%), Zinc: 1.46mg (9.75%), Selenium: 3.45µg (4.92%)