



Indian-Spiced Roast Potatoes and Parsnips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons brown mustard seeds
- ☐ 1 tablespoon chili oil
- ☐ 1 teaspoon coriander seeds
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garam masala
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pound parsnips cut into 1/2-inch-thick diagonal slices

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 1.5 pounds yukon gold potatoes cut into 1/2-inch-thick slices

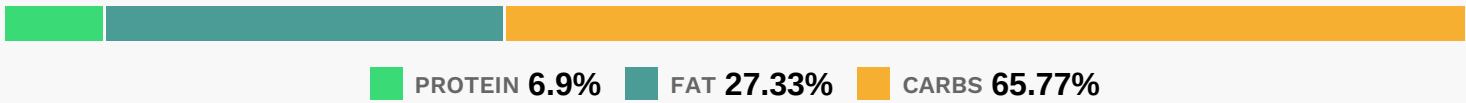
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine chili oil, mustard seeds, and coriander seeds in a small nonstick skillet over medium-high heat. Cover and cook 2 minutes or until seeds begin to pop, shaking pan occasionally.
- ☐ Remove from heat; let stand, covered, 1 minute. Stir in cumin and garam masala.
- ☐ Combine spice mixture, olive oil, and next 4 ingredients (through parsnips) in a roasting pan coated with cooking spray; toss to coat.
- ☐ Bake at 450 for 20 minutes or until vegetables are tender, turning vegetables after 10 minutes.
- ☐ Sprinkle vegetable mixture with cilantro; toss.

Nutrition Facts



Properties

Glycemic Index:40.47, Glycemic Load:17.19, Inflammation Score:-4, Nutrition Score:9.167391218569%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 159.71kcal (7.99%), Fat: 5g (7.7%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 22.56g (8.2%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 204.99mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 28.89mg (35.01%), Manganese: 0.4mg (19.95%), Vitamin B6: 0.37mg (18.48%), Fiber: 4.53g (18.11%), Potassium: 627.39mg (17.93%), Vitamin K: 13.89µg (13.23%), Folate: 43.62µg (10.91%), Magnesium: 38.92mg (9.73%), Phosphorus: 94.01mg (9.4%), Copper: 0.17mg (8.66%), Vitamin B1: 0.13mg (8.46%), Vitamin E: 1.26mg (8.38%), Vitamin B3: 1.48mg (7.39%), Iron: 1.31mg (7.25%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.58mg (3.86%), Vitamin B2: 0.06mg (3.35%), Calcium: 31.48mg (3.15%), Selenium: 1.19µg (1.7%)