



Maple-Glazed Parsnips

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- 1 tablespoon parsley fresh chopped
- 0.3 cup maple syrup
- 2 teaspoons butter
- 0.3 teaspoon mustard prepared
- 5.5 cups parsnips diagonally sliced ()
- 1 Dash pepper
- 0.3 teaspoon salt
- 3 tablespoons water

Equipment

- frying pan

Directions

- Combine maple syrup and mustard; stir well, and set aside. Coat a large nonstick skillet with cooking spray; add margarine, and place over medium heat until margarine melts.
- Add parsnip and next 3 ingredients; cover, reduce heat to medium-low, and cook 12 minutes or until tender, stirring occasionally.
- Add syrup mixture; cook, uncovered, over medium-high heat 1 minute or until lightly glazed, stirring constantly.
- Remove from heat; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:19.06, Inflammation Score:-6, Nutrition Score:18.265217326581%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 228.19kcal (11.41%), Fat: 2.58g (3.97%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 42.08g (15.3%), Sugar: 24.87g (27.63%), Cholesterol: 0mg (0%), Sodium: 194.18mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Manganese: 1.65mg (82.39%), Vitamin K: 57.59µg (54.85%), Vitamin C: 32.42mg (39.3%), Fiber: 9.01g (36.05%), Folate: 124.1µg (31.02%), Vitamin B2: 0.43mg (25.55%), Potassium: 753.58mg (21.53%), Vitamin E: 2.81mg (18.74%), Magnesium: 59.55mg (14.89%), Phosphorus: 131.37mg (13.14%), Vitamin B1: 0.18mg (12.27%), Copper: 0.22mg (11.17%), Vitamin B5: 1.1mg (11.05%), Calcium: 97.95mg (9.79%), Zinc: 1.28mg (8.54%), Vitamin B6: 0.17mg (8.3%), Vitamin B3: 1.32mg (6.59%), Iron: 1.18mg (6.55%), Selenium: 3.4µg (4.86%), Vitamin A: 174.02IU (3.48%)