



Maple-Glazed Parsnips And Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- 1.3 pounds parsnips peeled halved lengthwise (6)
- 0.8 pound carrots trimmed peeled thin (12)
- 4 slices bacon cut into 4 pieces
- 10 sprigs thyme sprigs fresh
- 0.3 cup maple syrup pure
- 1 serving salt and pepper freshly ground

Equipment

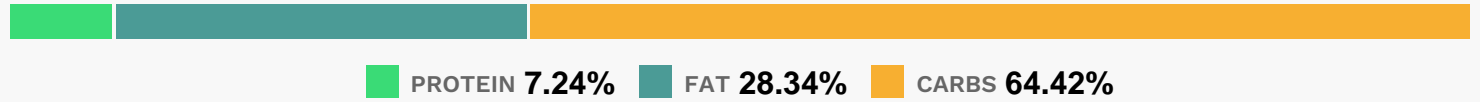
- baking sheet

oven

Directions

- Preheat oven to 450 degrees, with rack in lower third.
- Place parsnips, carrots, bacon, and thyme in a single layer on a rimmed baking sheet.
- Drizzle with syrup; season with salt and pepper. Toss well to combine.
- Bake until bottoms of vegetables begin to caramelize and turn dark brown, about 20 minutes.
- Remove from oven, and toss vegetables carefully. Return to oven, and bake until all sides are well browned, about 25 minutes more. Discard bacon and thyme.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:11.61, Inflammation Score:-10, Nutrition Score:16.889130296914%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 193.19kcal (9.66%), Fat: 6.27g (9.64%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 25.62g (9.31%), Sugar: 15.26g (16.96%), Cholesterol: 9.68mg (3.23%), Sodium: 179.32mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin A: 9556.75IU (191.14%), Manganese: 0.95mg (47.46%), Vitamin K: 28.75µg (27.38%), Vitamin C: 22.08mg (26.76%), Fiber: 6.45g (25.81%), Folate: 74.84µg (18.71%), Potassium: 605.19mg (17.29%), Vitamin B2: 0.27mg (15.9%), Vitamin E: 1.85mg (12.3%), Vitamin B1: 0.17mg (11.51%), Phosphorus: 109.83mg (10.98%), Vitamin B6: 0.21mg (10.41%), Magnesium: 41.45mg (10.36%), Vitamin B3: 1.85mg (9.25%), Vitamin B5: 0.81mg (8.1%), Copper: 0.15mg (7.72%), Calcium: 74.86mg (7.49%), Selenium: 4.71µg (6.72%), Zinc: 0.99mg (6.61%), Iron: 1.09mg (6.08%), Vitamin B12: 0.07µg (1.22%)