



WHATSheATE



Maple mustard roots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 800 g parsnips peeled cut into long wedges
- ☐ 3 tbsp maple syrup
- ☐ 1 tbsp wholegrain mustard
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 800 g lengthways if peeled halved quartered
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Equipment

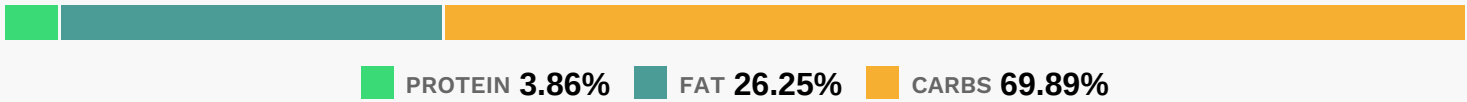
- ☐ frying pan

☐ whisk

Directions

- ☐ Bring a large pan of salted boiling water to the boil. Tip in the roots, bring back to the boil and cook for 3 mins.
- ☐ Drain well, then tip onto a large, lipped roasting tin.
- ☐ Whisk together the syrup, mustard and oil with some seasoning, then gently toss with the veg. Cover with cling film for up to 24 hrs.
- ☐ Bring to room temp before cooking. After the turkey comes out, roast at 220C/200C fan/gas 7 for 30 mins until golden and sticky.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:9.2760869950542%

Flavonoids

Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 127.33kcal (6.37%), Fat: 3.86g (5.94%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 18.16g (6.6%), Sugar: 9.32g (10.36%), Cholesterol: 0mg (0%), Sodium: 31.3mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Manganese: 0.74mg (37.02%), Vitamin K: 22.72µg (21.64%), Vitamin C: 17.01mg (20.62%), Fiber: 4.98g (19.92%), Vitamin E: 2.93mg (19.56%), Folate: 67.13µg (16.78%), Potassium: 394.69mg (11.28%), Vitamin B2: 0.15mg (8.62%), Magnesium: 31.48mg (7.87%), Phosphorus: 73.03mg (7.3%), Vitamin B1: 0.1mg (6.57%), Copper: 0.12mg (6.07%), Vitamin B5: 0.61mg (6.06%), Vitamin B6: 0.09mg (4.56%), Calcium: 45.36mg (4.54%), Zinc: 0.65mg (4.36%), Vitamin B3: 0.72mg (3.58%), Iron: 0.63mg (3.49%), Selenium: 2.44µg (3.48%)