



## Market Roasted Vegetables

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter melted
- 1 carrots peeled cut into 2-inch pieces
- 2 tablespoons parsley fresh chopped
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil
- 2 parsnips peeled cut into 2-inch pieces
- 1 large onion red peeled cut into 1/8ths
- 2 large potatoes red scrubbed cut into large cubes

- 8 servings flaky sea salt
- 1 large sweet potatoes and into peeled cut into large cubes

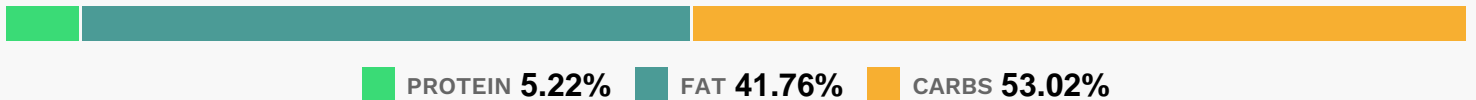
## Equipment

- bowl
- baking sheet
- oven
- spatula

## Directions

- Preheat the oven to 425 degrees F.
- Spread the potatoes, sweet potatoes, carrots, parsnips, and red onions out on a heavy, rimmed baking sheet.
- Drizzle with the olive oil, salt, and pepper, and toss to coat evenly. Roast in the oven for 50 minutes, flipping with a spatula half way through the cooking.
- Transfer to a serving bowl, drizzle with butter, and sprinkle with parsley and flaky sea salt.

## Nutrition Facts



## Properties

Glycemic Index:37.23, Glycemic Load:7.41, Inflammation Score:-10, Nutrition Score:15.2169565079%

## Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## Nutrients (% of daily need)

Calories: 236.74kcal (11.84%), Fat: 11.32g (17.41%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 27.09g (9.85%), Sugar: 5.78g (6.43%), Cholesterol: 11.29mg (3.76%), Sodium: 277.93mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin A: 7526.02IU (150.52%), Vitamin K:

34.22µg (32.59%), Manganese: 0.5mg (25.01%), Vitamin C: 18.34mg (22.23%), Potassium: 760.99mg (21.74%), Fiber: 5.25g (20.99%), Vitamin B6: 0.31mg (15.44%), Folate: 53µg (13.25%), Vitamin E: 1.85mg (12.35%), Copper: 0.25mg (12.3%), Magnesium: 45.23mg (11.31%), Phosphorus: 112.41mg (11.24%), Vitamin B1: 0.16mg (10.36%), Vitamin B5: 0.88mg (8.79%), Vitamin B3: 1.68mg (8.38%), Iron: 1.33mg (7.36%), Vitamin B2: 0.09mg (5%), Zinc: 0.72mg (4.8%), Calcium: 44.87mg (4.49%), Selenium: 1.55µg (2.21%)