



Marsala-Glazed Winter Vegetables

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound brussels sprouts trimmed halved
- ☐ 1 tablespoon butter
- ☐ 0.5 pound carrots ()
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup marsala wine dry
- ☐ 0.5 pound parsnips ()

- ☐ 0.5 pound pearl onions peeled
- ☐ 3 cups rutabaga cubed peeled () (1/2 pound)
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons or dried fresh chopped

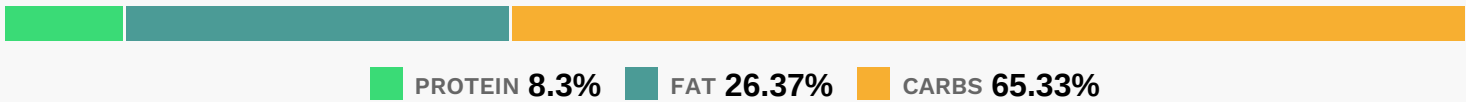
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 45
- ☐ Bring 2 quarts water to a boil in a Dutch oven.
- ☐ Add the rutabaga, parsnip, onions, and carrot; cook 4 minutes.
- ☐ Add Brussels sprouts, and cook 1 minute.
- ☐ Drain and place vegetables in a large roasting or jelly roll pan coated with cooking spray.
- ☐ Add butter and the next 5 ingredients (butter through nutmeg), stirring mixture until butter melts.
- ☐ Pour wine over vegetables; cover pan with foil.
- ☐ Bake vegetables at 450 for 30 minutes. Uncover and stir vegetables (do not remove pan from oven).
- ☐ Bake an additional 15 minutes or until vegetables are tender, stirring after 8 minutes.

Nutrition Facts



Properties

Glycemic Index:63.64, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:20.496521786827%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 171.83kcal (8.59%), Fat: 4.74g (7.29%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 19.64g (7.14%), Sugar: 10.74g (11.93%), Cholesterol: 5.02mg (1.67%), Sodium: 260.07mg (11.31%), Alcohol: 3.06g (100%), Alcohol %: 1.57% (100%), Protein: 3.36g (6.71%), Vitamin A: 6673.4IU (133.47%), Vitamin K: 88.18µg (83.98%), Vitamin C: 61.25mg (74.24%), Manganese: 0.6mg (29.8%), Fiber: 6.75g (27.01%), Potassium: 701.42mg (20.04%), Folate: 78.48µg (19.62%), Vitamin B6: 0.29mg (14.33%), Vitamin B1: 0.2mg (13.17%), Vitamin E: 1.78mg (11.86%), Phosphorus: 117.46mg (11.75%), Magnesium: 44.78mg (11.19%), Iron: 1.74mg (9.65%), Calcium: 89.8mg (8.98%), Vitamin B3: 1.51mg (7.57%), Vitamin B2: 0.12mg (7%), Copper: 0.14mg (6.98%), Vitamin B5: 0.62mg (6.15%), Zinc: 0.74mg (4.96%), Selenium: 2.15µg (3.07%)