



WHATSheATE



Moscatel-Glazed Parsnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 pounds parsnips cored peeled cut into 1/4-inch-thick sticks
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup water

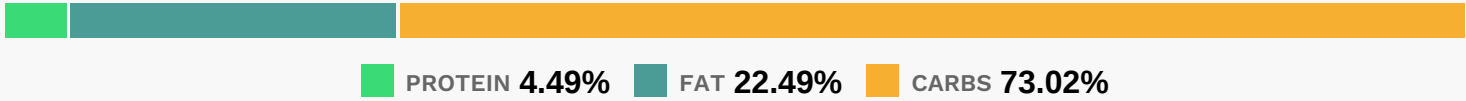
Equipment

- ☐ frying pan

Directions

- ☐ Heat sugar in center of a 12-inch heavy skillet over medium heat until it starts to melt. Cook, tilting skillet occasionally so sugar melts evenly, until golden brown. Stir in butter, then add parsnips and cook, stirring, 2 minutes.
- ☐ Add vinegar, water, 3/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Reduce heat to low and simmer, covered, until parsnips are just tender, 10 to 15 minutes.
- ☐ Remove lid and simmer, stirring occasionally, until liquid is reduced to a glaze and parsnips are caramelized, about 5 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:9.44, Inflammation Score:-4, Nutrition Score:9.2991305100529%

Flavonoids

Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 122.93kcal (6.15%), Fat: 3.18g (4.9%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 17.7g (6.44%), Sugar: 8.13g (9.04%), Cholesterol: 7.53mg (2.51%), Sodium: 14.31mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Manganese: 0.65mg (32.28%), Vitamin K: 25.76µg (24.53%), Vitamin C: 19.28mg (23.37%), Fiber: 5.56g (22.23%), Folate: 76.08µg (19.02%), Potassium: 435.04mg (12.43%), Vitamin E: 1.77mg (11.81%), Magnesium: 34.06mg (8.51%), Phosphorus: 82.87mg (8.29%), Copper: 0.14mg (7.06%), Vitamin B5: 0.68mg (6.84%), Vitamin B1: 0.1mg (6.82%), Vitamin B6: 0.1mg (5.11%), Zinc: 0.68mg (4.53%), Calcium: 44.27mg (4.43%), Iron: 0.73mg (4.04%), Vitamin B3: 0.8mg (3.98%), Vitamin B2: 0.06mg (3.42%), Selenium: 2.09µg (2.98%), Vitamin A: 87.46IU (1.75%)