



## Orange-Scented Roasted Root Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



206 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 1 Dash nutmeg
- 0.1 teaspoon ground pepper red
- 1 tablespoon dijon honey mustard sweet
- 2 tablespoons juice of lemon
- 2 medium onion cut into 8 wedges
- 2 tablespoons orange marmalade
- 2 cups parsnips sliced (1-inch)

- 3 cups rutabaga cubed peeled (1-inch)
- 0.3 teaspoon salt
- 4 cups sweet potatoes and into cubed peeled (1-inch)
- 1 tablespoon vegetable oil

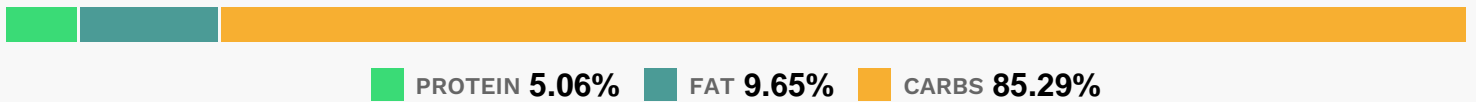
## Equipment

- bowl
- sauce pan
- oven
- roasting pan

## Directions

- Preheat oven to 40
- Combine first 5 ingredients in a bowl; toss. Arrange vegetables in a single layer in a shallow roasting pan coated with cooking spray.
- Bake at 400 for 45 minutes; stir twice.
- Combine sugar and remaining ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 1 minute.
- Pour over vegetables; toss gently.
- Bake an additional 15 minutes or until vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:44.43, Glycemic Load:13.54, Inflammation Score:-10, Nutrition Score:14.746521628421%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg Luteolin: 0.02mg,

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## **Nutrients (% of daily need)**

Calories: 205.77kcal (10.29%), Fat: 2.29g (3.52%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 39.4g (14.33%), Sugar: 23.18g (25.76%), Cholesterol: 0mg (0%), Sodium: 154.03mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin A: 10802.76IU (216.06%), Vitamin C: 27.57mg (33.42%), Manganese: 0.54mg (27.07%), Fiber: 6.15g (24.59%), Potassium: 649.2mg (18.55%), Vitamin B6: 0.3mg (14.96%), Folate: 54.01µg (13.5%), Vitamin K: 13.83µg (13.17%), Magnesium: 46.79mg (11.7%), Vitamin B1: 0.16mg (10.92%), Phosphorus: 105.01mg (10.5%), Copper: 0.2mg (10.21%), Vitamin B5: 0.99mg (9.91%), Calcium: 81mg (8.1%), Vitamin E: 1.13mg (7.53%), Iron: 1.11mg (6.18%), Vitamin B2: 0.1mg (5.9%), Vitamin B3: 1.17mg (5.85%), Zinc: 0.66mg (4.41%), Selenium: 1.89µg (2.7%)