



Oven-roasted Fall Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tablespoon pepper black freshly ground plus more to taste
- ☐ 4 large carrots peeled cut into 3-in. lengths (cut thickest pieces in half lengthwise)
- ☐ 1 tablespoon coarse salt plus more to taste
- ☐ 10 garlic cloves
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 3 large parsnips peeled cut into 3-in. lengths (cut thickest pieces into halves or quarters lengthwise)
- ☐ 7 sprigs rosemary (3 in. each)
- ☐ 3 medium russet potatoes scrubbed cut lengthwise into 1/2-in.-thick slices

- ☐ 2 medium orange sweet potatoes peeled cut into 3- by 1-in. pieces
- ☐ 1.5 lbs turnips peeled cut into eighths
- ☐ 3 medium onions yellow peeled cut into quarters (leave root end intact)
- ☐ 2 medium butternut squashes peeled halved seeded cut into 3- by 1-in. pieces

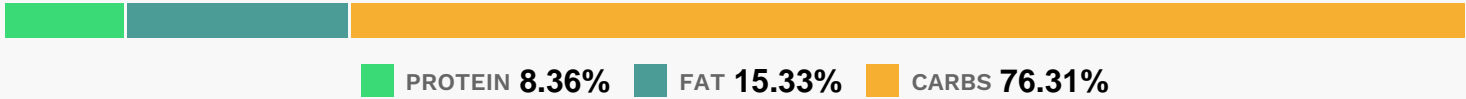
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Put all vegetables (including garlic) except sweet potatoes into a very large bowl (or two large ones); put sweet potatoes in a separate bowl.
- ☐ Drizzle bowls generously with olive oil and sprinkle with salt and pepper. Toss gently with your hands to coat; then spread half of mixed vegetables on two large baking sheets. Break up 3 rosemary sprigs and sprinkle over vegetables.
- ☐ Roast vegetables 15 minutes. Stir gently with a metal spatula if they are sticking.
- ☐ Add half of the sweet potatoes to pans. Continue roasting, stirring vegetables every 15 minutes if necessary and changing positions of pans to ensure even browning, until vegetables are browned and tender, 40 minutes to 1 1/4 hours.
- ☐ Remove from oven and set aside. Repeat with remaining half of mixed vegetables, sweet potatoes, and 2 1/2 rosemary sprigs.
- ☐ Pour vegetables onto a serving platter and season to taste with salt and pepper.
- ☐ Garnish with remaining sprig of rosemary and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:17.7, Inflammation Score:-10, Nutrition Score:16.965652082277%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 173.88kcal (8.69%), Fat: 3.11g (4.78%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 28.42g (10.34%), Sugar: 8.97g (9.96%), Cholesterol: 0mg (0%), Sodium: 665.48mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin A: 9423.04IU (188.46%), Vitamin C: 32.25mg (39.1%), Manganese: 0.68mg (33.85%), Vitamin B6: 0.52mg (25.92%), Fiber: 6.38g (25.52%), Potassium: 819.19mg (23.41%), Folate: 65.62µg (16.41%), Vitamin K: 16.75µg (15.95%), Magnesium: 51.52mg (12.88%), Copper: 0.26mg (12.81%), Phosphorus: 122.86mg (12.29%), Vitamin B1: 0.18mg (12.02%), Vitamin B5: 0.98mg (9.76%), Vitamin B2: 0.15mg (8.71%), Vitamin E: 1.29mg (8.63%), Vitamin B3: 1.71mg (8.53%), Iron: 1.43mg (7.97%), Calcium: 75.09mg (7.51%), Zinc: 0.88mg (5.89%), Selenium: 2.13µg (3.05%)