



Oven-Roasted Parsnips and Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- 1 pound carrots trimmed peeled
- 1 teaspoon thyme dried
- 3 cloves garlic finely chopped
- 1 pound parsnips trimmed peeled
- 8 servings salt
- 3 tablespoons vegetable oil

Equipment

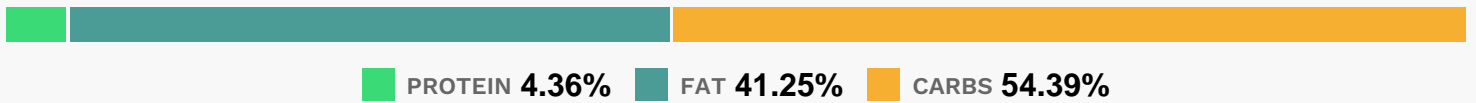
- frying pan

- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Preheat oven to 475F. Line a rimmed baking sheet with foil or parchment paper.
- Cut carrots and parsnips in half lengthwise and into 2-inch or 3-inch lengths and so all pieces are same thickness. Toss carrots and parsnips with 2 Tbsp. oil, season with salt, and spread in a single layer on prepared baking sheet. Roast until vegetables begin to brown, 20 to 25 minutes, shaking pan 2 or 3 times during cooking time.
- Mix remaining oil, garlic and thyme.
- Remove baking sheet from oven; drizzle mixture over vegetables and toss. Roast until vegetables are well-browned, 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:12.062608635944%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 112.88kcal (5.64%), Fat: 5.42g (8.34%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 11.65g (4.24%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 238.84mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin A: 9476.99IU (189.54%), Vitamin K: 31.78µg (30.27%), Manganese: 0.43mg (21.39%), Fiber: 4.44g (17.74%), Vitamin C: 13.4mg (16.24%), Folate: 49.14µg (12.28%), Potassium: 399.63mg (11.42%), Vitamin E: 1.65mg (10.98%), Vitamin B6: 0.14mg (7.2%), Phosphorus: 62.07mg (6.21%), Vitamin B1: 0.09mg (6.09%), Magnesium: 23.81mg (5.95%), Vitamin B5: 0.5mg (5.02%), Copper: 0.1mg (4.91%), Vitamin B3: 0.97mg (4.84%), Calcium: 43.64mg (4.36%), Iron: 0.68mg (3.78%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.49mg (3.28%), Selenium: 1.24µg (1.78%)