



Oven Roasted Root Vegetables

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

99 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon rosemary dried fresh crushed chopped
- ☐ 10 cloves garlic peeled
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 0.5 cup mayonnaise dressing with olive oil best foods®
- ☐ 2 pounds root vegetables assorted peeled cut into wedges (carrots, parsnips, beets, onions and/or sweet potatoes)

Equipment

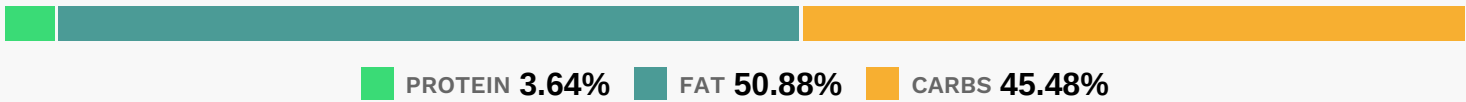
- ☐ bowl

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 42
- ☐ In large bowl, combine all ingredients until vegetables are well-coated.
- ☐ In large shallow roasting pan or jelly-roll pan, evenly spread vegetables. Roast, stirring occasionally, 30 minutes or until vegetables are tender and golden.
- ☐ Sprinkle, if desired, with chopped fresh parsley.
- ☐ Cost per recipe*: \$
- ☐ Cost per serving*: \$
- ☐ *Based on average retail prices at national supermarkets.
- ☐ Also terrific with Hellmann's or Best Foods Real or Light Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:4.33, Inflammation Score:-2, Nutrition Score:5.7973912776164%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 99.37kcal (4.97%), Fat: 5.79g (8.9%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.6g (3.13%), Sugar: 2.97g (3.3%), Cholesterol: 3.14mg (1.05%), Sodium: 53.84mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin K: 25.87µg (24.64%), Manganese: 0.38mg (18.91%), Vitamin C: 10.93mg (13.25%), Fiber: 3.03g (12.13%), Folate: 41.11µg (10.28%), Vitamin E: 1.15mg (7.65%), Potassium: 237.64mg (6.79%), Phosphorus: 47.71mg (4.77%), Magnesium: 18.29mg (4.57%), Copper: 0.08mg (4.04%), Vitamin B6: 0.08mg (4.02%), Vitamin B1: 0.06mg (3.95%), Vitamin B5: 0.39mg (3.89%), Calcium: 26.56mg (2.66%), Zinc: 0.39mg (2.62%), Iron: 0.42mg (2.33%), Selenium: 1.55µg (2.21%), Vitamin B3: 0.44mg (2.19%), Vitamin B2: 0.03mg (2.01%)