



Oven-Roasted Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 8 ounces brussels sprouts trimmed halved
- ☐ 1 cup diagonally cut carrot (1-inch)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves peeled
- ☐ 3 tablespoons hazelnuts toasted chopped
- ☐ 2 tablespoons olive oil
- ☐ 5 ounces pearl onions

- ☐ 10 ounces potatoes red halved quartered
- ☐ 0.8 teaspoon salt divided
- ☐ 0.7 cup sauvignon blanc white wine dry white
- ☐ 1 ounce sourdough bread
- ☐ 2 cups sweet potatoes and into cubed (1-inch)

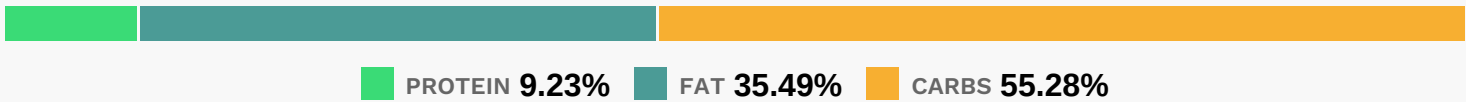
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Drizzle with oil; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper, toss well to coat.
- ☐ Place potato mixture in a jelly-roll pan; pour wine into pan. Cover with foil; bake at 425 for 20 minutes. Uncover and bake an additional 25 minutes.
- ☐ Place bread in a food processor, pulse 10 times or until coarse crumbs form.
- ☐ Add hazelnuts and garlic; process until garlic is minced. Stir in 1/2 teaspoon salt, 1/4 teaspoon pepper, and parsley.
- ☐ Combine bread crumb mixture and roasted vegetables.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:14.523043622141%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 129.12kcal (6.46%), Fat: 4.88g (7.5%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 13.91g (5.06%), Sugar: 3.46g (3.85%), Cholesterol: 0mg (0%), Sodium: 227.3mg (9.88%), Alcohol: 1.65g (100%), Alcohol %: 1.59% (100%), Protein: 2.86g (5.71%), Vitamin A: 6212.94IU (124.26%), Vitamin K: 70.1µg (66.76%), Vitamin C: 26.53mg (32.16%), Manganese: 0.45mg (22.37%), Fiber: 3.18g (12.73%), Potassium: 404.34mg (11.55%), Vitamin B6: 0.22mg (10.86%), Folate: 36.18µg (9.05%), Vitamin B1: 0.13mg (8.81%), Copper: 0.17mg (8.34%), Vitamin E: 1.23mg (8.21%), Magnesium: 27.93mg (6.98%), Phosphorus: 67.66mg (6.77%), Iron: 1.14mg (6.32%), Vitamin B3: 1mg (5%), Vitamin B5: 0.46mg (4.62%), Vitamin B2: 0.07mg (4.38%), Calcium: 36.45mg (3.65%), Zinc: 0.45mg (3.01%), Selenium: 1.72µg (2.46%)