



## Parsnip Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



416 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup apple cider vinegar
- 4 servings olive oil
- 1 pound parsnips peeled cut into 1 1/2-inch chunks cut in 1/2 lengthwise, then
- 1 delicious apple red cored very thinly sliced
- 0.3 cup safflower oil
- 4 servings salt and pepper black freshly ground
- 2 small shallots very thinly sliced
- 2 teaspoons caster sugar

- 1 bunch watercress thick
- 1 tablespoon whole-grain dijon mustard

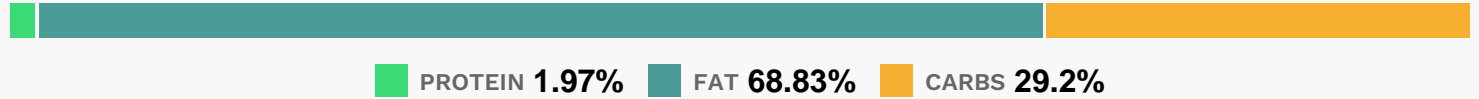
## Equipment

- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 400 degrees F.
- Toss parsnip chunks with olive oil and salt and pepper and place on a baking sheet. Roast until nicely browned, turning as needed, about 20 minutes.
- Let cool. Then toss with watercress, apple and shallot.
- Whisk together dressing ingredients and season, to taste, with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:80.02, Glycemic Load:11.38, Inflammation Score:-6, Nutrition Score:14.843043161475%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

## Nutrients (% of daily need)

Calories: 416.12kcal (20.81%), Fat: 32.74g (50.37%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 23.99g (8.72%), Sugar: 13.28g (14.76%), Cholesterol: 0mg (0%), Sodium: 58.17mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Vitamin E: 10.06mg (67.09%), Vitamin K: 52.18µg (49.69%), Manganese: 0.77mg (38.42%), Vitamin C: 25.07mg (30.39%), Fiber: 7.27g (29.07%), Folate: 82.43µg (20.61%), Potassium: 554.34mg (15.84%), Magnesium: 41.82mg (10.45%), Phosphorus: 102.17mg (10.22%), Vitamin B6: 0.17mg (8.74%), Vitamin B1: 0.13mg (8.67%), Copper: 0.17mg (8.48%), Vitamin B5: 0.78mg (7.76%), Calcium: 59.69mg (5.97%), Iron: 1.06mg (5.92%), Zinc: 0.78mg (5.17%), Selenium: 3.55µg (5.08%), Vitamin B2: 0.08mg (4.8%), Vitamin A: 227.72IU (4.55%), Vitamin B3: 0.89mg (4.47%)