



HEALTH SCORE

73%

Pepper & honey-roasted roots



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients



3 tbsp olive oil



5 medium carrots peeled cut into long slices



1 large celery root peeled cut into chunks



5 parsnips peeled cut into long sticks



2 tbsp clear honey



2 tsp peppercorns black

Equipment



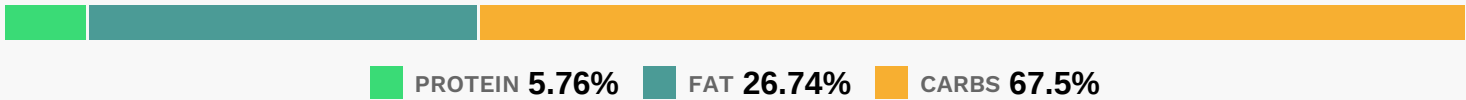
frying pan

- ☐ oven
- ☐ stove

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Heat oil in a roasting tin on top of the stove, then throw in the vegetables and fry for 5–8 mins until they begin to brown.
- ☐ Place the tray in the oven for 40–50 mins, shaking pan occasionally until golden brown and soft.
- ☐ Stir the honey, pepper and a sprinkling of salt into the vegetables, then return to the oven for 5 mins to warm the honey through.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:12.3, Inflammation Score:-10, Nutrition Score:19.245217468428%

Flavonoids

Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 187.54kcal (9.38%), Fat: 5.91g (9.09%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 26.02g (9.46%), Sugar: 12.07g (13.42%), Cholesterol: 0mg (0%), Sodium: 117.78mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin A: 6375.18IU (127.5%), Vitamin K: 65.1µg (62%), Manganese: 0.87mg (43.49%), Vitamin C: 25.24mg (30.6%), Fiber: 7.57g (30.26%), Potassium: 746.43mg (21.33%), Folate: 78.94µg (19.74%), Vitamin E: 2.76mg (18.37%), Phosphorus: 177.51mg (17.75%), Vitamin B6: 0.28mg (13.92%), Magnesium: 50.9mg (12.73%), Copper: 0.21mg (10.34%), Vitamin B1: 0.15mg (10.28%), Vitamin B5: 0.99mg (9.9%), Calcium: 87.63mg (8.76%), Vitamin B3: 1.64mg (8.2%), Iron: 1.41mg (7.85%), Vitamin B2: 0.12mg (7.25%), Zinc: 0.96mg (6.37%), Selenium: 2.45µg (3.5%)