



HEALTH SCORE

56%

Roast Parmesan parsnips



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 6 tbsp polenta
- ☐ 100 g parmesan grated
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 kg parsnips quartered
- ☐ 6 tbsp olive oil

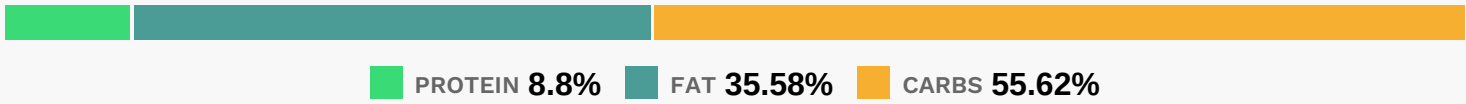
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Mix together the polenta, Parmesan and nutmeg, and set aside. Bring a pan of salted water to the boil, tip in the parsnips and cook for 6 mins or until just tender.
- ☐ Drain. While parsnips are still hot, toss with the Parmesan mixture to coat.
- ☐ Set a roasting tin over the hob and heat the oil.
- ☐ Add the parsnips and turn to coat in the oil.
- ☐ Put the tin in the oven and roast for 15 mins, then turn the parsnips over and cook for 15 mins more until golden.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:17.15, Inflammation Score:-7, Nutrition Score:22.861739040717%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 357.8kcal (17.89%), Fat: 14.61g (22.48%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 39.01g (14.19%), Sugar: 12.18g (13.54%), Cholesterol: 8.5mg (2.83%), Sodium: 225.55mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Manganese: 1.41mg (70.7%), Vitamin K: 62.81µg (59.82%), Vitamin C: 42.5mg (51.52%), Fiber: 12.4g (49.58%), Folate: 168.85µg (42.21%), Vitamin E: 5.26mg (35.1%), Potassium: 959.82mg (27.42%), Phosphorus: 269.99mg (27%), Calcium: 238.49mg (23.85%), Magnesium: 80.25mg (20.06%), Vitamin B1: 0.24mg (16%), Vitamin B5: 1.59mg (15.93%), Copper: 0.31mg (15.55%), Vitamin B6: 0.25mg (12.38%), Zinc: 1.85mg (12.35%), Selenium: 8.59µg (12.27%), Vitamin B2: 0.17mg (9.97%), Iron: 1.72mg (9.53%), Vitamin B3: 1.88mg (9.38%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 113.8IU (2.28%)