



## Roast parsnip & chestnut salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 500 g parsnips quartered
- 1 tbsp olive oil
- 200 g honey whole cooked peeled
- 2 rosemary roughly chopped
- 1 tsp clear honey
- 140 g the salad mixed (we used watercress, rocket & spinach)

## Equipment

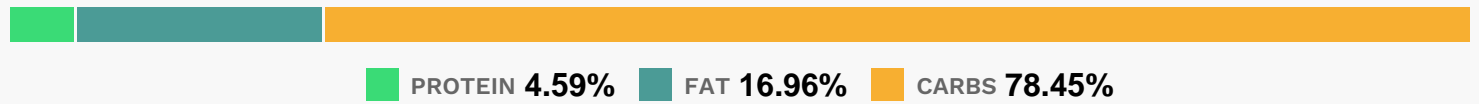
- oven

baking pan

## Directions

- Heat oven to 200C/180C fan/gas
- On a baking tray, toss the parsnips with 2 tsp of the oil, season and roast for 20 mins.
- Remove from the oven and stir through the chestnuts and rosemary, then drizzle over the honey and roast for 10–15 mins more. Leave to cool.
- Toss the leaves with the remaining oil and some seasoning, and pile onto a serving plate. Top with the parsnips, chestnuts and any juices from the tray.

## Nutrition Facts



## Properties

Glycemic Index:45.65, Glycemic Load:16.96, Inflammation Score:-6, Nutrition Score:12.489565165147%

## Flavonoids

Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 187.02kcal (9.35%), Fat: 3.63g (5.58%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 32.82g (11.93%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 18.21mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 39.61mg (48.01%), Manganese: 0.74mg (36.87%), Folate: 100.71µg (25.18%), Vitamin K: 24.19µg (23.03%), Fiber: 4.92g (19.68%), Potassium: 617.9mg (17.65%), Copper: 0.3mg (15.1%), Vitamin B6: 0.25mg (12.71%), Vitamin E: 1.89mg (12.62%), Magnesium: 44.2mg (11.05%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 97.2mg (9.72%), Vitamin B5: 0.82mg (8.25%), Vitamin A: 329.73IU (6.59%), Iron: 1.18mg (6.53%), Vitamin B3: 1.3mg (6.48%), Zinc: 0.85mg (5.66%), Calcium: 47.86mg (4.79%), Vitamin B2: 0.07mg (4.18%), Selenium: 1.92µg (2.75%)