



WHATSheATE



Roasted Autumn Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 pound brussels sprouts cut in half
- ☐ 1 pound parsnips peeled cut into 2-inch pieces
- ☐ 0.5 pound carrots
- ☐ 1 medium butternut squash peeled seeded cut into 1-inch pieces (2 pounds)

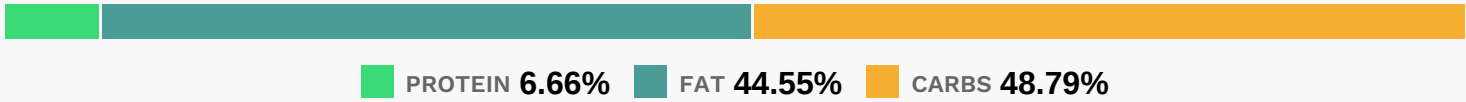
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 375°F. Melt butter in 1-quart saucepan over medium heat. Stir in sage and garlic; remove from heat.
- ☐ Place remaining ingredients in ungreased large roasting pan.
- ☐ Pour butter mixture over vegetables; stir to coat.
- ☐ Cover and bake 25 to 35 minutes, stirring occasionally, until vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:22.674782655809%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 150.68kcal (7.53%), Fat: 8g (12.31%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 14.57g (5.3%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 118.1mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 10424.51IU (208.49%), Copper: 3.16mg (157.91%), Vitamin K: 78.6µg (74.86%), Vitamin C: 52.97mg (64.21%), Manganese: 0.6mg (30.01%), Fiber: 5.15g (20.6%), Folate: 68.96µg (17.24%), Potassium: 579.51mg (16.56%), Vitamin E: 2.21mg (14.76%), Vitamin B6: 0.25mg (12.31%), Magnesium: 45.28mg (11.32%), Vitamin B1: 0.17mg (11.1%), Phosphorus: 83.47mg (8.35%), Calcium: 76.02mg (7.6%), Iron: 1.37mg (7.59%), Vitamin B3: 1.49mg (7.44%), Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.08mg (4.8%), Zinc: 0.55mg (3.64%), Selenium: 1.69µg (2.41%)