



WHATSheATE



HEALTH SCORE

72%

Roasted Autumn Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1.5 pounds butternut squash peeled cut into 3x1/2-inch wedges
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion red finely chopped
- ☐ 1.3 pounds cubes red-skinned sweet potato cut into 2x3/4-inch wedges (yams)
- ☐ 1.5 pounds rutabaga peeled cut into 1/2-inch-thick wedges

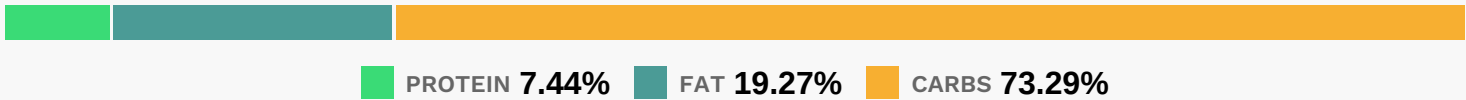
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Spray large rimmed baking sheet with nonstick spray.
- ☐ Combine squash, rutabagas, and sweet potatoes in large bowl.
- ☐ Add oil and cayenne and toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread vegetable mixture on prepared baking sheet. Roast until vegetables are tender, stirring and turning occasionally, about 1 hour. (Vegetables can be prepared 4 hours ahead.
- ☐ Let stand on baking sheet at room temperature. Rewarm in 350°F oven until heated through, about 15 minutes.)
- ☐ Transfer vegetable mixture to bowl.
- ☐ Add red onion, chives, and vinegar; toss to blend. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:15.494782618854%

Flavonoids

Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 135.86kcal (6.79%), Fat: 3.09g (4.75%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 21.44g (7.8%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 31.87mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin A: 18194.81IU (363.9%), Vitamin C: 43.62mg (52.88%), Manganese: 0.53mg (26.54%), Potassium: 734.2mg (20.98%), Fiber: 4.97g (19.89%), Vitamin B6: 0.35mg (17.36%), Vitamin E: 2.01mg (13.39%), Magnesium: 53.5mg (13.37%), Vitamin B1: 0.19mg (12.97%), Vitamin B3: 2.16mg (10.78%), Folate: 38.68µg (9.67%), Phosphorus: 92.42mg (9.24%), Vitamin B5: 0.9mg (8.95%), Calcium: 86.53mg (8.65%), Copper: 0.17mg (8.36%), Iron: 1.23mg (6.81%), Vitamin B2: 0.1mg (6.16%), Vitamin K: 6.14µg (5.85%), Zinc: 0.47mg (3.12%), Selenium: 0.99µg (1.41%)