



Roasted Baby Carrots and Parsnips with Wilted Radicchio

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

Ingredients

- 2 bunches baby carrots peeled
- 0.3 teaspoon ground pepper
- 1 bunch chives fresh cut into 2-inch lengths
- 1 tablespoon honey
- 4 servings kosher salt
- 4 servings olive oil extra virgin extra-virgin
- 4 parsnips peeled

1 large head radicchio thinly cut into eighths

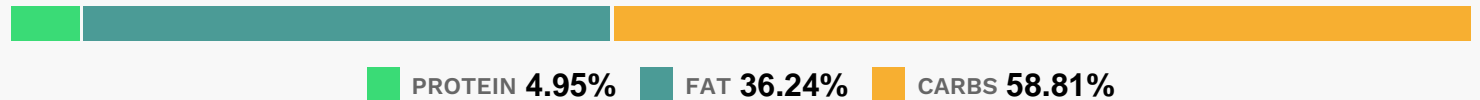
Equipment

oven

Directions

- Preheat the oven to 350 degrees F.
- Toss the carrots and parsnips with olive oil, salt, the honey and cayenne.
- Put them on a sheet tray and roast for 20 to 25 minutes.
- Toss the radicchio with olive oil and salt and place on a small sheet tray.
- Add to the oven with the carrots and parsnips for 10 minutes.
- Combine the carrots, parsnips and radicchio and toss with the chives.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:12.83, Inflammation Score:-10, Nutrition Score:31.481738961261%

Flavonoids

Cyanidin: 111.12mg, Cyanidin: 111.12mg, Cyanidin: 111.12mg, Cyanidin: 111.12mg Delphinidin: 6.72mg, Delphinidin: 6.72mg, Delphinidin: 6.72mg, Delphinidin: 6.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 33.25mg, Luteolin: 33.25mg, Luteolin: 33.25mg, Luteolin: 33.25mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 29.15mg, Quercetin: 29.15mg, Quercetin: 29.15mg, Quercetin: 29.15mg

Nutrients (% of daily need)

Calories: 355.54kcal (17.78%), Fat: 15.01g (23.08%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 54.78g (18.26%), Net Carbohydrates: 39.81g (14.48%), Sugar: 23.02g (25.57%), Cholesterol: 0mg (0%), Sodium: 404.6mg (17.59%), Alcohol: 0g (100%), Protein: 4.61g (9.23%), Vitamin A: 31146.67IU (622.93%), Vitamin K: 289.81µg (276.01%), Manganese: 1.34mg (66.97%), Fiber: 14.98g (59.91%), Folate: 218.39µg (54.6%), Vitamin C: 39.9mg (48.37%), Vitamin E: 6.34mg (42.28%), Potassium: 1387.14mg (39.63%), Copper: 0.71mg (35.67%), Vitamin B6: 0.43mg (21.57%), Phosphorus: 209.21mg (20.92%), Vitamin B5: 2.07mg (20.74%), Magnesium: 79.54mg (19.89%), Iron:

3.54mg (19.69%), Vitamin B1: 0.22mg (14.81%), Calcium: 146.1mg (14.61%), Vitamin B3: 2.58mg (12.91%), Zinc: 1.86mg (12.4%), Vitamin B2: 0.19mg (11.02%), Selenium: 5.66µg (8.09%)