



WHATSheATE



HEALTH SCORE

57%

Roasted Baby Spring Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



122 kcal

SIDE DISH

Ingredients



2 cups asparagus (2-inch) (1 pound)



1 pound baby carrots with tops



0.3 teaspoon pepper black freshly ground



1.3 pounds fingerling potatoes halved lengthwise



1 tablespoon chives fresh chopped



1 tablespoon flat-leaf parsley fresh chopped



1 tablespoon olive oil



6 ounce radishes halved ()

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots chopped
- ☐ 3 tablespoons balsamic vinegar white

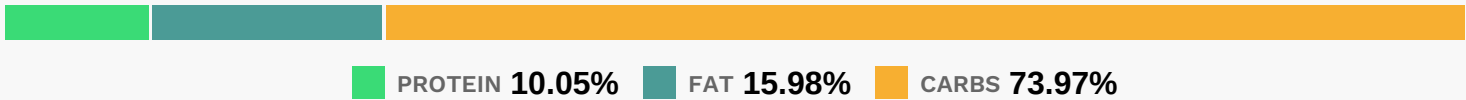
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 50
- ☐ Combine vinegar and shallots in a small bowl; set aside.
- ☐ Trim green tops from carrots; discard tops.
- ☐ Combine carrots and the next 5 ingredients (through radishes) in the bottom of a roasting pan, tossing gently to combine.
- ☐ Bake at 500 for 20 minutes or until vegetables begin to brown, stirring occasionally.
- ☐ Remove pan from the oven; add shallot mixture and asparagus, tossing to combine. Return pan to oven; bake 5 minutes. Stir in parsley and chives.

Nutrition Facts



Properties

Glycemic Index:48.11, Glycemic Load:11.38, Inflammation Score:-10, Nutrition Score:14.833478191625%

Flavonoids

Pelargonidin: 15.34mg, Pelargonidin: 15.34mg, Pelargonidin: 15.34mg, Pelargonidin: 15.34mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

5.94mg

Nutrients (% of daily need)

Calories: 121.85kcal (6.09%), Fat: 2.24g (3.44%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 18.36g (6.68%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 233.89mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin A: 9295.77IU (185.92%), Vitamin K: 35.49µg (33.8%), Vitamin C: 24.51mg (29.7%), Fiber: 4.95g (19.79%), Potassium: 646.42mg (18.47%), Vitamin B6: 0.37mg (18.27%), Manganese: 0.32mg (16.21%), Folate: 58.26µg (14.56%), Iron: 2.24mg (12.44%), Copper: 0.24mg (12.12%), Vitamin B1: 0.14mg (9.58%), Phosphorus: 91.93mg (9.19%), Magnesium: 34.61mg (8.65%), Vitamin B3: 1.66mg (8.32%), Vitamin B2: 0.11mg (6.72%), Vitamin B5: 0.65mg (6.53%), Calcium: 49.72mg (4.97%), Vitamin E: 0.74mg (4.9%), Zinc: 0.64mg (4.27%), Selenium: 1.88µg (2.68%)