



Roasted Baby Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 8 golden beets peeled halved
- ☐ 20 baby carrots trimmed peeled
- ☐ 8 ounces baby zucchini trimmed
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 8 ounces baby vegetables halved
- ☐ 8 medium turnip peeled halved quartered cut into 3-inch pieces

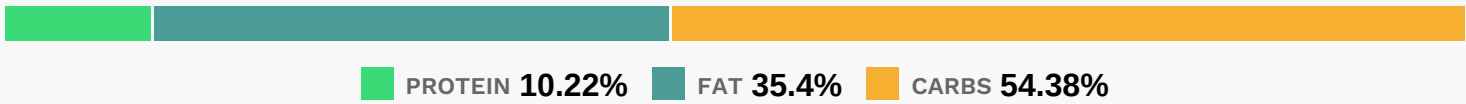
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Combine allvegetables except zucchini in large bowl;toss with 3 tablespoons oil.
- ☐ Spread outvegetables on large rimmed baking sheet;reserve bowl.
- ☐ Sprinkle vegetables with saltand pepper. Roast vegetables 15 minutes.
- ☐ Meanwhile, add zucchini to reservedbowl.
- ☐ Drizzle with 1 teaspoon oil; sprinklewith salt and pepper and toss to coat.
- ☐ Add zucchini to baking sheet withvegetables. Roast until all vegetables aretender, stirring occasionally, about 15minutes. DO AHEAD: Vegetables can be madeup to 2 hours ahead.
- ☐ Let stand at roomtemperature. Rewarm vegetables in 350°Foven 8 to 10 minutes.
- ☐ Sprinkle vegetables with parsley.
- ☐ Per serving: 122.8 kcal calories,58.2 % calories from fat, 7.9 g fat,1.1 g saturated fat,
- ☐ mg cholesterol,
- ☐ 5 g carbohydrates,
- ☐ 7 g total sugars,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:10.24, Inflammation Score:-10, Nutrition Score:21.208695743395%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 181.33kcal (9.07%), Fat: 7.63g (11.74%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 18.5g (6.73%), Sugar: 16.07g (17.86%), Cholesterol: 0mg (0%), Sodium: 222.67mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin A: 5012.31IU (100.25%), Vitamin C: 61.85mg (74.97%), Folate: 173.5µg (43.37%), Manganese: 0.76mg (38.18%), Fiber: 7.87g (31.48%), Vitamin K: 30.84µg (29.37%), Potassium: 994.78mg (28.42%), Vitamin B6: 0.35mg (17.54%), Magnesium: 68.21mg (17.05%), Copper: 0.33mg (16.54%), Phosphorus: 146.52mg (14.65%), Iron: 2.23mg (12.39%), Vitamin B1: 0.15mg (10.16%), Calcium: 93.99mg (9.4%), Zinc: 1.32mg (8.77%), Vitamin B3: 1.71mg (8.56%), Vitamin B5: 0.81mg (8.11%), Vitamin E: 1.16mg (7.73%), Vitamin B2: 0.13mg (7.69%), Selenium: 2.39µg (3.42%)