



Roasted Baby Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- 1 pound baby beets with tops
- 1 pound baby carrots
- 1.5 tablespoons rosemary fresh chopped
- 0.3 cup olive oil divided
- 0.3 teaspoon pepper divided
- 8 servings garnish: rosemary sprigs fresh
- 1 teaspoon sea salt divided coarse-grained
- 8 shallots

- 1.5 pounds sweet potatoes peeled cut into 1-inch pieces
- 1.3 pounds turnips peeled cut into eighths

Equipment

- bowl
- oven
- roasting pan
- aluminum foil

Directions

- Cut tops from beets, leaving 1-inch stems. Peel beets, and cut into quarters.
- Place on a 12-inch square of aluminum foil.
- Drizzle with 1 tablespoon olive oil; sprinkle with rosemary, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Fold up foil sides, forming a bowl.
- Place foil bowl in 1 end of a large roasting pan; set aside.
- Peel shallots; cut in half lengthwise.
- Toss together shallots, carrots, potatoes, turnips, remaining 3 tablespoons oil, remaining 3/4 teaspoon salt, and remaining 1/8 teaspoon pepper.
- Place in remaining end of roasting pan.
- Bake at 450 for 30 to 40 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:14.34, Inflammation Score:-10, Nutrition Score:16.943912962209%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.86kcal (10.79%), Fat: 7.1g (10.92%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 28.17g (10.24%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 476.69mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin A: 19918.79IU (398.38%), Manganese: 0.67mg (33.69%), Fiber: 7.97g (31.88%), Vitamin C: 23.32mg (28.27%), Folate: 106.32µg (26.58%), Potassium: 828.55mg (23.67%), Vitamin B6: 0.43mg (21.42%), Copper: 0.31mg (15.63%), Magnesium: 53.69mg (13.42%), Vitamin B5: 1.21mg (12.14%), Iron: 2.09mg (11.61%), Phosphorus: 113.08mg (11.31%), Vitamin K: 11.41µg (10.87%), Vitamin B1: 0.14mg (9.67%), Calcium: 86.24mg (8.62%), Vitamin E: 1.25mg (8.32%), Vitamin B2: 0.12mg (7.2%), Vitamin B3: 1.32mg (6.58%), Zinc: 0.85mg (5.66%), Selenium: 2.22µg (3.17%)