



## Roasted Beets and Parsnips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

### Ingredients

- 4 medium beets trimmed unpeeled cut into quarters
- 0.5 tsp pepper black freshly ground
- 1 tablespoon tarragon fresh divided (or rosemary)
- 1 tablespoon thyme leaves fresh divided
- 0.3 cup olive oil
- 8 parsnips small to medium trimmed peeled cut in half lengthwise
- 1 tsp alaea hawaiian sea salt red

### Equipment

- bowl
- baking sheet
- oven
- knife

## Directions

- Preheat oven to
- Place beets on a large baking sheet and drizzle with about 2 tbsp. oil, turning to coat.
- Place parsnips on another large baking sheet and drizzle with about 2 tbsp. oil, turning to coat.
- Sprinkle with about 2/3 of herbs and pepper.
- Roast beets 10 minutes.
- Add sheet of parsnips to oven and roast 30 minutes, or until parsnips are golden brown and beets are tender when pierced with a sharp knife (remove in batches if some pieces take longer to cook).
- Serve in a large, shallow bowl, sprinkled with red sea salt and garnished with remaining herbs.
- \*Find in gourmet grocery stores and from saltworks.us or 800/353-

## Nutrition Facts



## Properties

Glycemic Index:32.88, Glycemic Load:14.55, Inflammation Score:-8, Nutrition Score:17.638260955396%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 216.25kcal (10.81%), Fat: 7.44g (11.45%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 26.55g (9.65%), Sugar: 13.19g (14.65%), Cholesterol: 0mg (0%), Sodium: 373.27mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Manganese: 1.25mg (62.45%), Folate: 199.31µg (49.83%), Fiber: 10.19g (40.78%), Vitamin C: 32.35mg (39.22%), Vitamin K: 39.31µg (37.44%), Potassium: 891.04mg (25.46%), Vitamin E: 3.32mg (22.11%), Magnesium: 69.16mg (17.29%), Phosphorus: 147.91mg (14.79%), Copper:

0.26mg (13.12%), Iron: 2.08mg (11.57%), Vitamin B1: 0.17mg (11.24%), Vitamin B6: 0.22mg (11.05%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.26mg (8.43%), Calcium: 83.71mg (8.37%), Vitamin B2: 0.13mg (7.5%), Vitamin B3: 1.46mg (7.32%), Selenium: 3.43µg (4.9%), Vitamin A: 107.06IU (2.14%)