



Roasted Carrot, Parsnip, and Potato Coins



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients



1 pound baby dutch potatoes yellow scrubbed



0.8 teaspoon pepper black freshly ground



1.3 pounds carrots ends trimmed scrubbed



2 teaspoons coarse kosher salt



1.5 teaspoons ground cardamom



2 teaspoons ground coriander



0.5 cup olive oil



1.3 pounds parsnips ends trimmed scrubbed

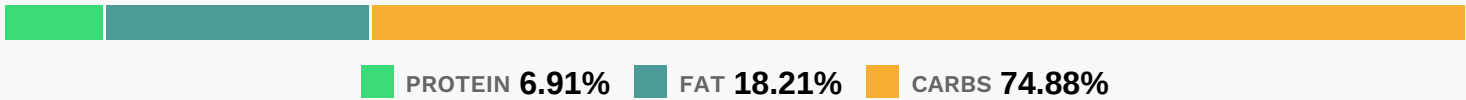
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F. Spray 2 heavy large rimmed baking sheets with nonstick spray.
- ☐ Cut carrots and parsnips into 3- to 4-inch lengths. Fit processor with 1/4-inch-thick slicing disk. Working in batches, place carrot pieces upright and fitting snugly side by side in feed tube of processor. With machine running, use plunger to push down firmly on carrots and cut uniform round slices.
- ☐ Transfer carrot coins to extra-large bowl. Repeat with parsnips, then potatoes.
- ☐ Add olive oil, 2 teaspoons coarse salt, coriander, cardamom, and freshly ground black pepper to vegetable mixture and toss to coat. Divide mixture between prepared baking sheets. Roast vegetables until tender and golden brown around edges, about 1 hour. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 350°F oven until heated through, about 15 minutes.
- ☐ Transfer roasted vegetable coins to large bowl and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:14.36, Inflammation Score:-10, Nutrition Score:16.466086968132%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 152.87kcal (7.64%), Fat: 3.25g (5.01%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 23.03g (8.37%), Sugar: 7.2g (8.01%), Cholesterol: 0mg (0%), Sodium: 641.1mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin A: 11842.34IU (236.85%), Manganese: 0.72mg (36.25%), Vitamin C: 27.58mg (33.43%), Fiber: 7.07g (28.27%), Vitamin K: 28.31µg (26.96%), Potassium: 744.45mg (21.27%), Folate: 70.06µg (17.51%), Vitamin B6: 0.33mg (16.51%), Vitamin E: 1.92mg (12.8%), Magnesium: 44.94mg (11.24%), Phosphorus: 110.45mg (11.05%), Vitamin B1: 0.16mg (10.54%), Copper: 0.19mg (9.37%), Vitamin B3: 1.81mg (9.04%), Vitamin B5: 0.79mg (7.89%), Iron: 1.25mg (6.92%), Calcium: 61.91mg (6.19%), Vitamin B2: 0.1mg (5.72%), Zinc: 0.81mg (5.39%), Selenium: 1.66µg (2.37%)