



HEALTH SCORE

51%

Roasted Carrots and Parsnips



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



710 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pound depending on size peeled halved quartered
- ☐ 2 pound carrots unpeeled halved lengthwise
- ☐ 4 servings coarse salt and pepper freshly ground to taste
- ☐ 3 tablespoon olive oil extra-virgin plus more for drizzling
- ☐ 2 tablespoon thyme leaves

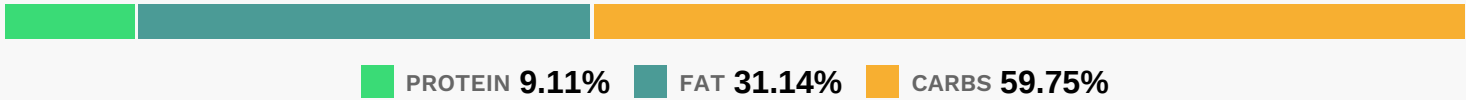
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Arrange the carrots and parsnips in a single layer in a shallow rimmed baking sheet.
- ☐ Drizzle the half of the over them, then turn them over and drizzle the rest of the oil for an even coating. Season generously with salt and pepper, then sprinkle the thyme leaves over everything. Roast the vegetables, turning them once or twice during cooking until the edges and tips begin to get quite brown and they are very tender, about 30 minutes.
- ☐ Remove them from the oven and transfer them to a serving platter, with an additional sprinkling of salt, and a drizzle of olive oil (optional).
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:33.91, Inflammation Score:-10, Nutrition Score:33.902173498402%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 709.84kcal (35.49%), Fat: 24.69g (37.99%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 106.61g (35.54%), Net Carbohydrates: 93.82g (34.12%), Sugar: 17.06g (18.96%), Cholesterol: 0mg (0%), Sodium: 1602.72mg (69.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Vitamin A: 38054.86IU (761.1%), Vitamin B1: 1.01mg (67.13%), Manganese: 1.23mg (61.26%), Selenium: 38.16µg (54.51%), Fiber: 12.79g (51.17%), Folate: 204.56µg (51.14%), Vitamin B3: 9.81mg (49.06%), Vitamin K: 48.51µg (46.2%), Phosphorus: 433.49mg (43.35%), Iron: 7.53mg (41.81%), Vitamin B2: 0.63mg (36.92%), Calcium: 337.58mg (33.76%), Potassium: 959.83mg (27.42%), Vitamin C: 18.98mg (23.01%), Vitamin B6: 0.43mg (21.28%), Vitamin E: 3.01mg (20.06%), Magnesium: 70.24mg (17.56%), Copper: 0.3mg (14.93%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.91mg (9.12%)