

# **Roasted Carrots and Parsnips**





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

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).

and tips begin to get quite brown and they a very tender, about 30 minutes.

Serve warm.

## **Nutrition Facts**

PROTEIN 9.11% 📗 FAT 31.14% 📒 CARBS 59.75%

### **Properties**

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

#### **Flavonoids**

Apigenin: O.1mg, Apigenin: O.1mg, Apigenin: O.1mg, Apigenin: O.1mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Kaempferol: O.54mg, Kaempferol: O.54mg, Kaempferol: O.54mg, Kaempferol: O.54mg, Kaempferol: O.54mg, Kaempferol: O.54mg, Myricetin: O.09mg, Myricetin: O.09mg, Myricetin: O.09mg, Myricetin: O.48mg, Quercetin: O.48mg, Quercetin: O.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: Omg (0%), Sodium: 1602.72mg (69.68%), Alcohol: Og (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%)