



WHATSheATE



HEALTH SCORE

53%

Roasted Carrots and Parsnips with Thyme



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients



1 pound carrots



4 servings coarse salt and pepper black freshly ground



6 sprigs thyme leaves fresh



2 tablespoons honey



3 tablespoons olive oil extra-virgin



1 pound parsnips

Equipment



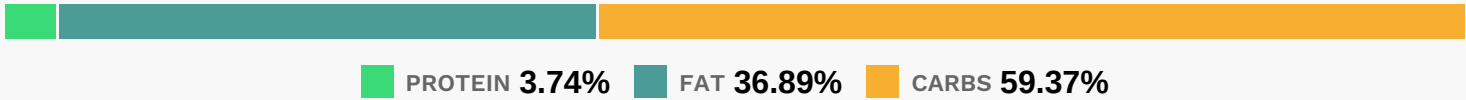
baking sheet

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Peel the carrots and parsnips and cut them in half lengthwise, larger ones can be quartered.
- ☐ Place them on a large rimmed baking sheet.
- ☐ Drizzle the carrots and parsnips with the olive oil and honey. Season with salt and pepper and toss to coat. Scatter the thyme sprigs on top.
- ☐ Place them in the preheated oven.
- ☐ After 10 minutes, give the veggies a toss and put back in the oven for another 10 minutes until the vegetables are soft and slightly caramelized.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:57.03, Glycemic Load:15.91, Inflammation Score:-10, Nutrition Score:19.337391324665%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 258.05kcal (12.9%), Fat: 11.14g (17.14%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 31.36g (11.4%), Sugar: 19.44g (21.6%), Cholesterol: 0mg (0%), Sodium: 90.37mg (3.93%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin A: 19016.1IU (380.32%), Vitamin K: 46.97µg (44.73%), Manganese: 0.84mg (42.21%), Fiber: 8.99g (35.95%), Vitamin C: 28.42mg (34.45%), Vitamin E: 3.95mg (26.34%), Folate: 98.42µg (24.61%), Potassium: 804.15mg (22.98%), Vitamin B6: 0.27mg (13.33%), Magnesium: 49.27mg (12.32%), Phosphorus: 122.37mg (12.24%), Vitamin B1: 0.18mg (11.85%), Vitamin B5: 1mg (10.05%), Copper: 0.2mg (10.03%), Vitamin B3: 1.95mg (9.75%), Calcium: 85.5mg (8.55%), Vitamin B2: 0.13mg (7.86%), Iron: 1.38mg (7.69%), Zinc: 0.99mg (6.62%), Selenium: 2.24µg (3.2%)