



# Roasted Cauliflower, Brussels Sprouts and Jerusalem Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

## Ingredients

- 1 pint brussels sprouts cut in 1/2
- 1 head cauliflower cut into bite-size florets
- 0.3 cup chives chopped
- 0.5 pound jerusalem artichokes scrubbed cut into 1-inch dice
- 6 servings olive oil extra-virgin
- 6 servings salt

## Equipment

bowl

oven

## Directions

Watch how to make this recipe.

Preheat the oven to 375 degrees F.

In a large bowl, combine all the vegetables, coat with olive oil and season generously with salt.

Spread the vegetables on a sheet tray in an even layer, don't pile them up. The vegetables don't need to be spread out but they need to be pretty much in a single even layer. If this is not the case, use 2 trays.

Put the vegetables in the preheated oven. 15 minutes into the cooking process, stir the vegetables so they have the chance to brown all over, and rotate the tray to insure even cooking. Repeat this process after another 15 minutes. Roast the vegetables for an additional 15 to 20 minutes, or until the vegetables are roasty brown and should smell almost like popcorn!. Check for doneness. This means taste some! If they aren't very roasty brown, let them go for another few minutes until they are. Season with salt, if needed.

Transfer to a serving dish, garnish with chives and serve immediately.

## Nutrition Facts

 PROTEIN **9.41%**  FAT **57.85%**  CARBS **32.74%**

## Properties

Glycemic Index:23.5, Glycemic Load:4.14, Inflammation Score:-8, Nutrition Score:19.459130473759%

## Flavonoids

Naringenin: 2.59mg, Naringenin: 2.59mg, Naringenin: 2.59mg, Naringenin: 2.59mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

## Nutrients (% of daily need)

Calories: 209.72kcal (10.49%), Fat: 14.52g (22.34%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 12.93g (4.7%), Sugar: 7.22g (8.03%), Cholesterol: 0mg (0%), Sodium: 244.1mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Vitamin K: 166.46µg (158.53%), Vitamin C: 115.71mg

(140.25%), Folate: 109.4µg (27.35%), Fiber: 5.56g (22.24%), Manganese: 0.44mg (22.19%), Potassium: 760.59mg (21.73%), Vitamin E: 2.86mg (19.08%), Vitamin B6: 0.38mg (19.02%), Iron: 2.9mg (16.1%), Vitamin B1: 0.23mg (15.63%), Vitamin A: 674.73IU (13.49%), Phosphorus: 127.03mg (12.7%), Vitamin B5: 1.04mg (10.38%), Magnesium: 39.64mg (9.91%), Vitamin B2: 0.15mg (9%), Vitamin B3: 1.58mg (7.88%), Copper: 0.15mg (7.41%), Calcium: 61.29mg (6.13%), Zinc: 0.65mg (4.3%), Selenium: 2.12µg (3.02%)