



 **66%**  
HEALTH SCORE

## Roasted Celery Root and Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

### Ingredients

- 3 pounds carrots peeled cut into 1-inch chunks
- 3 pounds celery root peeled cut into 1-inch chunks
- 2 tablespoons parsley fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 8 servings kosher salt
- 6 tablespoons olive oil extra-virgin
- 1 teaspoon paprika hot

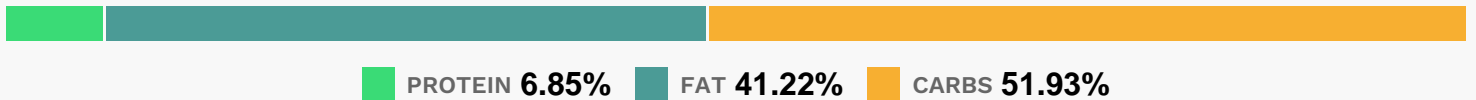
### Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Place a rimmed baking sheet on the bottom oven rack and preheat to 425 degrees F.
- Toss the celery root with 4 tablespoons olive oil, 1 tablespoon thyme, 1/2 teaspoon paprika, and salt to taste in a bowl. Pile onto a double layer of heavy-duty foil; bring the ends together and crimp closed to seal.
- Put the packet on another baking sheet and roast in the middle of the oven until almost tender, about 25 minutes.
- Meanwhile, toss the carrots with the remaining 2 tablespoons olive oil, 1 tablespoon thyme and 1/2 teaspoon paprika in a bowl; season with salt.
- Spread on the preheated baking sheet and roast until tender, about 35 minutes.
- After the celery root has roasted for 25 minutes, open the foil and spread on the baking sheet; roast 15 more minutes. Toss with the carrots and parsley.
- Photograph by Con Poulos

## Nutrition Facts



## Properties

Glycemic Index:21.73, Glycemic Load:9.91, Inflammation Score:-10, Nutrition Score:22.703043326088%

## Flavonoids

Apigenin: 6.31mg, Apigenin: 6.31mg, Apigenin: 6.31mg, Apigenin: 6.31mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 236.83kcal (11.84%), Fat: 11.49g (17.67%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 24.38g (8.87%), Sugar: 10.82g (12.02%), Cholesterol: 0mg (0%), Sodium: 482.35mg (20.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin A: 28706.95IU (574.14%), Vitamin K: 115.11µg (109.63%), Vitamin C: 27.78mg (33.67%), Fiber: 8.19g (32.76%), Potassium: 1076.64mg (30.76%), Manganese: 0.55mg (27.41%), Vitamin B6: 0.53mg (26.39%), Phosphorus: 258.37mg (25.84%), Vitamin E: 3.33mg (22.18%), Vitamin B3: 2.93mg (14.66%), Magnesium: 58.18mg (14.55%), Calcium: 138.54mg (13.85%), Vitamin B1: 0.2mg (13.32%), Vitamin B2: 0.21mg (12.53%), Iron: 2.18mg (12.12%), Folate: 48.36µg (12.09%), Vitamin B5: 1.08mg (10.81%), Copper: 0.21mg (10.44%), Zinc: 1.02mg (6.82%), Selenium: 1.38µg (1.97%)