




 **58%**
HEALTH SCORE

Roasted Celery Root, Carrots, and Onions


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

- 6 slices carrots
- 2.5 pounds celery root cubed peeled
- 2 teaspoons thyme leaves dried
- 1 teaspoon coarsely ground pepper
- 0.3 cup olive oil
- 3 medium onions quartered
- 1 teaspoon sea salt coarse-grain

Equipment

frying pan

oven

Directions

Toss together all ingredients in a lightly greased 15- x 10-inch jellyroll pan.

Bake at 475, stirring occasionally, 30 minutes or until tender.

*1/2 teaspoon regular salt may be substituted for sea salt.

Nutrition Facts

 **PROTEIN 7.52%**  **FAT 36.31%**  **CARBS 56.17%**

Properties

Glycemic Index:23.47, Glycemic Load:9.94, Inflammation Score:-10, Nutrition Score:22.699130410733%

Flavonoids

Apigenin: 4.57mg, Apigenin: 4.57mg, Apigenin: 4.57mg, Apigenin: 4.57mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 232.72kcal (11.64%), Fat: 9.95g (15.31%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 26.68g (9.7%), Sugar: 11.15g (12.39%), Cholesterol: 0mg (0%), Sodium: 663.39mg (28.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin A: 20396.91IU (407.94%), Vitamin K: 105.49µg (100.47%), Vitamin C: 26.55mg (32.19%), Fiber: 7.96g (31.84%), Manganese: 0.61mg (30.69%), Potassium: 1045mg (29.86%), Phosphorus: 277.19mg (27.72%), Vitamin B6: 0.55mg (27.45%), Vitamin E: 2.82mg (18.81%), Magnesium: 59.25mg (14.81%), Calcium: 142.29mg (14.23%), Vitamin B1: 0.2mg (13.49%), Vitamin B3: 2.61mg (13.03%), Iron: 2.3mg (12.79%), Folate: 49.72µg (12.43%), Vitamin B2: 0.2mg (11.82%), Copper: 0.22mg (10.81%), Vitamin B5: 1.07mg (10.71%), Zinc: 1.04mg (6.9%), Selenium: 1.75µg (2.5%)