



Roasted Glazed Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 4 medium carrots peeled cut into 1-inch cubes
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 4 medium parsnips peeled cut into 1-inch cubes
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 medium rutabaga peeled cut into 1-inch cubes

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2 medium size sweet potatoes peeled cut into 1-inch cubes

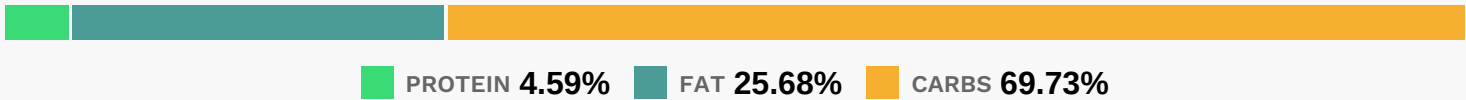
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat a roasting pan in a 325 oven for 10 minutes.
- ☐ Stir together first 5 ingredients in a large bowl; add vegetables, tossing to coat. Arrange vegetables in a single layer in hot roasting pan.
- ☐ Bake at 325 for 45 to 50 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:10.39, Inflammation Score:-10, Nutrition Score:13.428695682598%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 164.98kcal (8.25%), Fat: 4.89g (7.52%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 24.26g (8.82%), Sugar: 12.23g (13.59%), Cholesterol: 0mg (0%), Sodium: 105.31mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin A: 10693.06IU (213.86%), Manganese: 0.56mg (27.96%), Fiber: 5.61g (22.44%), Vitamin C: 17.91mg (21.7%), Vitamin K: 18.24µg (17.37%), Potassium: 533.4mg (15.24%), Folate: 55.37µg (13.84%), Vitamin B6: 0.21mg (10.33%), Vitamin E: 1.44mg (9.6%), Magnesium: 37.06mg (9.26%), Phosphorus: 85.89mg (8.59%), Vitamin B5: 0.84mg (8.45%), Vitamin B1: 0.13mg (8.36%), Copper: 0.16mg (8.23%), Calcium: 60.04mg (6%), Vitamin B3: 1.07mg (5.36%), Vitamin B2: 0.08mg (4.87%), Iron: 0.86mg (4.77%), Zinc: 0.61mg (4.08%), Selenium: 1.62µg (2.32%)