



Roasted Jerusalem Artichokes (or Sunchokes)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons thyme leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound jerusalem artichokes (sunchokes)
- ☐ 0.8 cup olive oil
- ☐ 4 servings sea salt to taste

Equipment

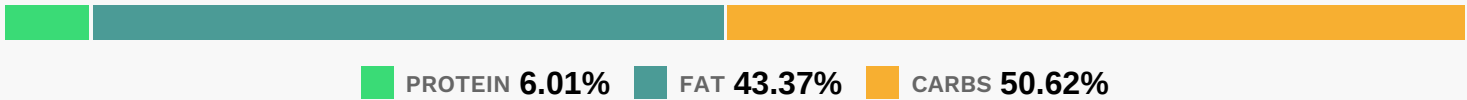
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Scrub Jerusalem artichoke tubers and cut out eyes.
- ☐ Cut tubers into 1-inch pieces.
- ☐ Mix olive oil, thyme, garlic, and sea salt together in a large bowl; add Jerusalem artichoke pieces and toss to coat. Arrange coated pieces in one evenly-spaced layer on a baking sheet.
- ☐ Roast in the preheated oven until Jerusalem artichokes are tender, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:5.93, Inflammation Score:-9, Nutrition Score:9.0926086176997%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 162.88kcal (8.14%), Fat: 8.27g (12.72%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 19.12g (6.95%), Sugar: 10.94g (12.16%), Cholesterol: 0mg (0%), Sodium: 199.93mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin K: 39.31µg (37.44%), Iron: 6.41mg (35.6%), Vitamin B1: 0.24mg (16.07%), Potassium: 510.9mg (14.6%), Manganese: 0.26mg (12.97%), Fiber: 2.6g (10.39%), Vitamin E: 1.53mg (10.22%), Phosphorus: 95.53mg (9.55%), Copper: 0.18mg (9.1%), Vitamin B3: 1.59mg (7.93%), Vitamin C: 6.16mg (7.47%), Vitamin B6: 0.12mg (6.16%), Magnesium: 24.18mg (6.05%), Calcium: 57.5mg (5.75%), Folate: 20.28µg (5.07%), Vitamin B5: 0.46mg (4.62%), Vitamin B2: 0.08mg (4.6%), Vitamin A: 98.86IU (1.98%), Zinc: 0.28mg (1.89%), Selenium: 1.17µg (1.67%)