



Roasted Parsnips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 5 sprigs thyme leaves fresh divided
- ☐ 8 garlic cloves unpeeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.3 onion sliced
- ☐ 2 pounds parsnips peeled halved lengthwise

Equipment

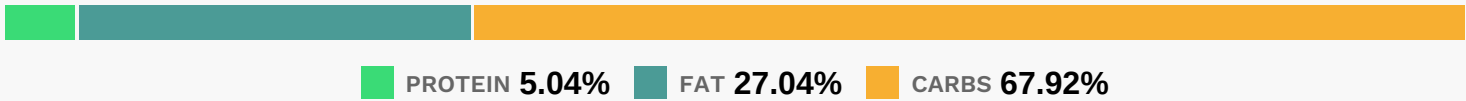
- ☐ oven

- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Put parsnips in a medium roasting pan with 2 tbsp. water, cover tightly with foil, and bake 20 minutes.
- ☐ Add garlic, onion, and 3 sprigs thyme.
- ☐ Drizzle with oil and toss to coat. Roast, uncovered, until golden and tender, 30 to 40 minutes.
- ☐ Garnish with remaining thyme.
- ☐ Sprinkle with salt.
- ☐ MASH cooked parsnips like potatoes with warm milk and butter.
- ☐ PUREE into a soup and serve with crumbled bacon and fresh thyme.
- ☐ ROAST, drizzled with olive oil, alongside other root vegetables like carrots and turnips.
- ☐ SHRED raw parsnips and apples and use in a creamy slaw with green onions and grapes.
- ☐ FRY thin slices of parsnips in hot oil for a different take on chips.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:16.2, Inflammation Score:-9, Nutrition Score:20.026956589326%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 244.93kcal (12.25%), Fat: 7.74g (11.91%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 32.2g (11.71%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 314.91mg (13.69%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Manganese: 1.4mg (70.07%), Vitamin K: 55.37µg (52.74%), Vitamin C: 42.94mg (52.05%), Fiber: 11.53g (46.12%), Folate: 154µg (38.5%), Vitamin E: 4.39mg (29.29%), Potassium: 892.33mg (25.5%), Magnesium: 69.97mg (17.49%), Phosphorus: 173.52mg (17.35%), Copper: 0.3mg (15%), Vitamin B1: 0.22mg (14.66%), Vitamin B6: 0.29mg (14.56%), Vitamin B5: 1.41mg (14.1%), Calcium: 99.4mg (9.94%), Zinc: 1.44mg (9.62%), Iron: 1.71mg (9.52%), Vitamin B3: 1.66mg (8.3%), Vitamin B2: 0.13mg (7.51%), Selenium: 4.97µg (7.1%), Vitamin A: 60.06IU (1.2%)