

Roasted Parsnips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds parsnips 2-inch-thick peeled ()
- ☐ 1 large onion red peeled quartered
- ☐ 0.5 teaspoon salt

Equipment

- ☐ oven
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Combine the first 5 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning twice.
- ☐ Remove parsnip and onion from bag, discarding marinade.
- ☐ Preheat oven to 50
- ☐ Place parsnip and onion in a shallow roasting pan coated with cooking spray.
- ☐ Drizzle with oil, and toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 500 for 30 minutes or until the parsnip is tender, stirring often.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:17.04, Inflammation Score:-6, Nutrition Score:19.271738956318%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 234.38kcal (11.72%), Fat: 4.21g (6.48%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 48.45g (16.15%), Net Carbohydrates: 36.83g (13.39%), Sugar: 16.76g (18.62%), Cholesterol: 0mg (0%), Sodium: 318.17mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Manganese: 1.34mg (67.02%), Vitamin K: 53.45µg

(50.91%), Vitamin C: 40.6mg (49.21%), Fiber: 11.62g (46.48%), Folate: 157.28µg (39.32%), Potassium: 910.16mg (26%), Vitamin E: 3.89mg (25.93%), Magnesium: 70.5mg (17.62%), Phosphorus: 171.63mg (17.16%), Copper: 0.29mg (14.47%), Vitamin B1: 0.22mg (14.46%), Vitamin B5: 1.4mg (14.01%), Vitamin B6: 0.24mg (11.94%), Calcium: 94.63mg (9.46%), Zinc: 1.4mg (9.32%), Iron: 1.54mg (8.56%), Vitamin B3: 1.62mg (8.12%), Vitamin B2: 0.12mg (7.12%), Selenium: 4.26µg (6.09%)