



Roasted Parsnips



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds parsnips peeled cut into 2 1/2 inch batons
- ☐ 4 teaspoons olive oil extra virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup vegetable broth low-sodium (for vegetarian option)
- ☐ 3 Tbsp butter unsalted softened
- ☐ 4 teaspoons bottled horseradish homemade drained (how to make horseradish)
- ☐ 0.5 Tbsp flat-leaf parsley finely chopped
- ☐ 0.5 Tbsp chives minced

☐ 0.5 small garlic clove minced

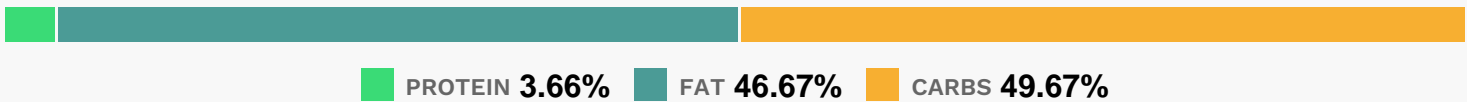
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Roast the parsnips: Pre-heat oven to 400°F. In a large roasting pan, toss the parsnips with the olive oil, salt and pepper. (Use a roasting pan with sides no more than 2 inches high.)
- ☐ Add the broth, cover with aluminum foil and roast, stirring once or twice, until the parsnips are tender and the stock has evaporated or been absorbed, 20–45 minutes (depending on how tender the parsnips are to begin with). Check often to avoid their getting mushy – especially if they are to be reheated later.
- ☐ To save time, the parsnips (with the oil, salt, pepper, and broth) can be pre-cooked in a covered container in the microwave for 5 minutes.
- ☐ Transfer to oven to finish cooking in a much shorter time. You may want to uncover them to help evaporate the liquid when in the oven.
- ☐ Make horseradish herb butter:
- ☐ Combine the softened butter with the horseradish, parsley, chives and garlic and season with salt and pepper.
- ☐ Serve: Toss the warm roasted parsnips with the horseradish-herb butter to serve.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:11.76, Inflammation Score:-6, Nutrition Score:15.136956595856%

Flavonoids

Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 243.79kcal (12.19%), Fat: 13.19g (20.29%), Saturated Fat: 6.11g (38.21%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 22.98g (8.35%), Sugar: 8.67g (9.63%), Cholesterol: 22.9mg (7.63%), Sodium: 233.39mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Manganese: 0.97mg (48.41%), Vitamin K: 50.09µg (47.7%), Vitamin C: 31.13mg (37.73%), Fiber: 8.62g (34.47%), Folate: 118.26µg (29.57%), Vitamin E: 3.36mg (22.42%), Potassium: 658.05mg (18.8%), Magnesium: 51.38mg (12.85%), Phosphorus: 125.94mg (12.59%), Copper: 0.21mg (10.56%), Vitamin B5: 1.04mg (10.42%), Vitamin B1: 0.16mg (10.36%), Vitamin B6: 0.16mg (8.13%), Zinc: 1.07mg (7.11%), Calcium: 68.43mg (6.84%), Vitamin A: 322.61IU (6.45%), Vitamin B3: 1.23mg (6.13%), Iron: 1.09mg (6.07%), Vitamin B2: 0.09mg (5.36%), Selenium: 3.37µg (4.81%), Vitamin D: 0.16µg (1.07%)