



Roasted Parsnips and Butternut Squash



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 pounds butternut squash peeled halved lengthwise seeded
- ☐ 1 tablespoon flat-leaf parsley fresh coarsely chopped
- ☐ 1 garlic clove halved
- ☐ 12 kalamata olives pitted cut lengthwise into slivers
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.3 pound parsnips peeled (4 medium)
- ☐ 0.3 teaspoon rounded salt

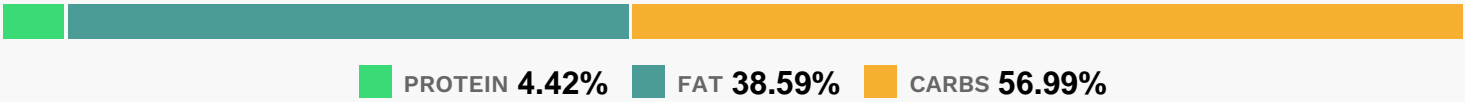
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 475°F.
- ☐ Cut parsnips lengthwise into quarters, then cut out and discard any tough core.
- ☐ Cut parsnips diagonally into 2-inch pieces.
- ☐ Cut squash crosswise into 1/2-inch-thick slices, then cut slices into wedges. Toss vegetables with salt, pepper, and 1 1/2 tablespoons oil, then spread in 1 layer in a large shallow baking pan. Roast, turning occasionally, until vegetables are tender and browned, 20 to 25 minutes.
- ☐ While vegetables are roasting, heat remaining 1 1/2 tablespoons oil with garlic in a 1-quart saucepan over low heat, stirring occasionally, until garlic just begins to sizzle.
- ☐ Remove from heat.
- ☐ When vegetables are done roasting, remove garlic from oil (discard garlic) and toss vegetables with garlic oil, olives, and parsley.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:9.74, Inflammation Score:-10, Nutrition Score:25.272608736287%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 282.11kcal (14.11%), Fat: 12.92g (19.87%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 32.67g (11.88%), Sugar: 10g (11.12%), Cholesterol: 0mg (0%), Sodium: 353.31mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin A: 15199.92IU (304%), Vitamin C: 55.43mg (67.19%), Manganese: 1.11mg (55.53%), Vitamin K: 56.56µg (53.87%), Fiber: 10.26g (41.03%), Vitamin E: 6.13mg (40.88%), Folate: 135.17µg (33.79%), Potassium: 1045.89mg (29.88%), Magnesium: 91.53mg (22.88%), Vitamin B1: 0.27mg (18.29%), Vitamin B6: 0.36mg (18.01%), Phosphorus: 149.82mg (14.98%), Copper: 0.29mg (14.6%), Vitamin B5: 1.43mg (14.3%), Vitamin B3: 2.74mg (13.71%), Calcium: 128.79mg (12.88%), Iron: 2.03mg (11.3%), Zinc: 1.08mg (7.17%), Vitamin B2: 0.1mg (6.01%), Selenium: 3.48µg (4.97%)