



Roasted Parsnips and Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1 pound carrots unpeeled
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 1 tablespoon kosher salt
- ☐ 3 tablespoons olive oil good
- ☐ 2 pounds parsnips peeled

Equipment

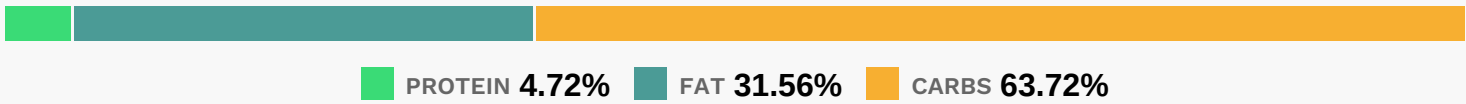
- ☐ frying pan

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ If the parsnips and carrots are very thick, cut them in half lengthwise. Slice each diagonally in 1-inch-thick slices. The vegetables will shrink while cooking, so don't make the pieces too small.
- ☐ Place the cut vegetables on a sheet pan.
- ☐ Add the olive oil, salt, and pepper and toss well. Roast for 20 to 40 minutes, depending on the size of the vegetables, tossing occasionally, until the parsnips and carrots are just tender.
- ☐ Sprinkle with dill and serve hot.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:19.13, Inflammation Score:-10, Nutrition Score:28.278260770051%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 311.38kcal (15.57%), Fat: 11.48g (17.66%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 52.16g (17.39%), Net Carbohydrates: 37.68g (13.7%), Sugar: 16.27g (18.07%), Cholesterol: 0mg (0%), Sodium: 1845.52mg (80.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 18963.82IU (379.28%), Manganese: 1.53mg (76.74%), Vitamin K: 73.55µg (70.04%), Fiber: 14.48g (57.93%), Vitamin C: 45.42mg (55.05%), Folate: 173.93µg (43.48%), Vitamin E: 5.65mg (37.65%), Potassium: 1225.27mg (35.01%), Magnesium: 80.82mg (20.2%), Phosphorus: 202.03mg (20.2%), Vitamin B1: 0.28mg (18.66%), Vitamin B6: 0.36mg (18.16%), Vitamin B5: 1.68mg (16.82%), Copper: 0.33mg (16.74%), Vitamin B3: 2.71mg (13.57%), Calcium: 123.99mg (12.4%), Zinc: 1.63mg (10.84%), Vitamin B2: 0.18mg (10.65%), Iron: 1.84mg (10.21%), Selenium: 4.24µg (6.05%)