



Roasted Parsnips and Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons brown sugar
- ☐ 1.5 pounds carrots peeled
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1.5 pounds parsnips peeled
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 tablespoon sherry wine vinegar
- ☐ 5 tablespoons butter unsalted

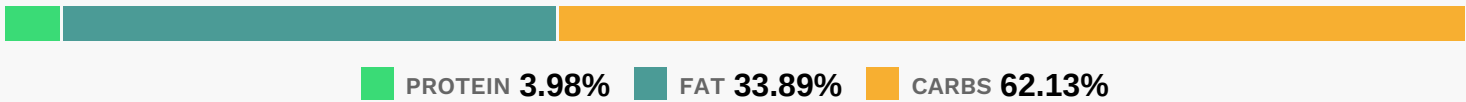
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Melt the butter, sherry wine vinegar and sugar in a small pan over medium heat. Stir well to combine and remove from the heat.
- ☐ Quarter the parsnips and cut the carrots into 2-inch pieces. Put on a baking sheet and drizzle with the butter and sherry mixture. Season with salt and pepper, (lots of pepper) and toss to thoroughly coat all the vegetables.
- ☐ Bake in the preheated oven until the vegetables are golden brown. About 5 minutes before the vegetables are done remove them from the oven, sprinkle with fresh thyme and mix to combine. Return to the oven and bake until cooked through about 5 more minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:11.44, Inflammation Score:-10, Nutrition Score:19.185652399841%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 257.7kcal (12.88%), Fat: 10.12g (15.57%), Saturated Fat: 6.1g (38.11%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 32.66g (11.88%), Sugar: 20.53g (22.81%), Cholesterol: 25.08mg (8.36%), Sodium: 94.7mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin A: 19347.24IU (386.94%), Manganese: 0.86mg (43.08%), Vitamin K: 41.46µg (39.49%), Fiber: 9.08g (36.33%), Vitamin C: 29.75mg (36.07%), Folate: 99.04µg (24.76%), Potassium: 823.66mg (23.53%), Vitamin E: 2.71mg (18.07%), Vitamin B6: 0.27mg (13.57%), Magnesium: 51.93mg (12.98%), Phosphorus: 126.83mg (12.68%), Vitamin B1: 0.18mg (11.91%), Copper: 0.21mg

(10.45%), Vitamin B5: 1.03mg (10.27%), Calcium: 99.84mg (9.98%), Vitamin B3: 1.97mg (9.84%), Iron: 1.54mg (8.58%), Vitamin B2: 0.14mg (8.09%), Zinc: 1mg (6.67%), Selenium: 2.4µg (3.42%), Vitamin D: 0.17µg (1.17%)