



Roasted Parsnips with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 7 tablespoons olive oil extra virgin divided
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 6 spring onion cut into 3-inch pieces
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 pounds parsnips
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 tablespoons red wine vinegar

☐ 2 tablespoons shallots finely chopped

Equipment

☐ frying pan

☐ oven

☐ whisk

Directions

☐ Preheat oven to 40

☐ Peel parsnips, and cut into 2- to 3-inch-long pieces; cut each lengthwise into 1/3-inch-thick strips.

☐ Place in a lightly greased 15- x 10-inch jelly-roll pan; toss with pepper, 2 Tbsp. olive oil, and 1/2 tsp. kosher salt.

☐ Bake at 400 for 25 minutes.

☐ Add green onions; toss.

☐ Bake 10 to 15 more minutes or until parsnips are tender and browned.

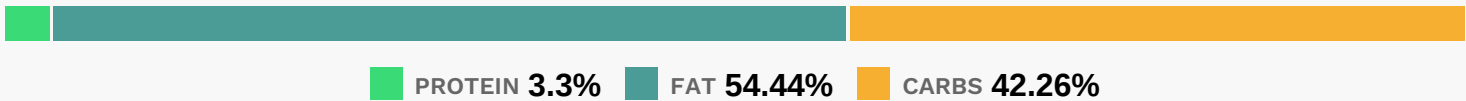
☐ Transfer to a serving platter.

☐ Whisk together mint, next 3 ingredients, and remaining 1/2 tsp. salt until blended. Gradually add remaining 5 Tbsp. olive oil in a slow, steady stream, whisking until smooth. Spoon over vegetables.

☐ Serve immediately.

☐ Brought to the table by cookbook authors Matt Lee and Ted Lee (The Lee Bros. Simple Fresh Southern cookbook).

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:8, Inflammation Score:-5, Nutrition Score:11.92130430885%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 201.77kcal (10.09%), Fat: 12.64g (19.45%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 15.96g (5.8%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 305.41mg (13.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin K: 51.65µg (49.19%), Manganese: 0.71mg (35.37%), Vitamin C: 22.21mg (26.92%), Fiber: 6.12g (24.48%), Vitamin E: 3.51mg (23.37%), Folate: 85.81µg (21.45%), Potassium: 479.15mg (13.69%), Magnesium: 37.89mg (9.47%), Phosphorus: 88.52mg (8.85%), Copper: 0.16mg (7.89%), Vitamin B1: 0.11mg (7.44%), Vitamin B5: 0.71mg (7.07%), Vitamin B6: 0.12mg (6.23%), Iron: 1.08mg (6.02%), Calcium: 56.66mg (5.67%), Zinc: 0.75mg (5.02%), Vitamin B3: 0.9mg (4.49%), Vitamin B2: 0.07mg (4.26%), Vitamin A: 209.68IU (4.19%), Selenium: 2.18µg (3.12%)