



## Roasted Parsnips with Mint and Sage

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 1 tablespoon mint leaves fresh chopped
- 1 tablespoon sage fresh chopped
- 2 cloves garlic minced
- 4 servings ground pepper black to taste
- 1 tablespoon honey
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil
- 4 parsnips peeled cut into large sticks

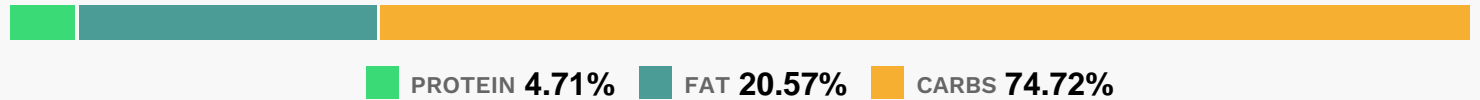
## Equipment

- baking sheet
- oven
- mixing bowl

## Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Place the parsnips into a mixing bowl and toss with the olive oil.
- Sprinkle in the garlic, honey, salt, and black pepper to taste. Toss until evenly coated, and spread out evenly onto a baking sheet.
- Bake in the preheated oven until the parsnips are tender, about 30 minutes.
- Scrape into a mixing bowl, and toss with the mint and sage.

## Nutrition Facts



## Properties

Glycemic Index:41.57, Glycemic Load:12.96, Inflammation Score:-5, Nutrition Score:17.563913101735%

## Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

## Nutrients (% of daily need)

Calories: 168.69kcal (8.43%), Fat: 4.06g (6.25%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 25.34g (9.22%), Sugar: 11.77g (13.07%), Cholesterol: 0mg (0%), Sodium: 452.54mg (19.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Copper: 4.75mg (237.25%), Manganese: 1.08mg (53.76%), Vitamin K: 37.17µg (35.4%), Vitamin C: 27.24mg (33.02%), Fiber: 7.87g (31.48%), Folate: 105.44µg (26.36%), Vitamin E: 2.82mg (18.77%), Potassium: 604.96mg (17.28%), Magnesium: 49.16mg (12.29%), Phosphorus: 114.18mg (11.42%), Vitamin B1: 0.15mg (9.87%), Vitamin B5: 0.95mg (9.48%), Vitamin B6: 0.16mg (8.06%), Calcium:

72.45mg (7.24%), Iron: 1.23mg (6.81%), Zinc: 0.99mg (6.58%), Vitamin B3: 1.12mg (5.62%), Vitamin B2: 0.09mg (5.09%), Selenium: 3.05µg (4.36%), Vitamin A: 53.78IU (1.08%)