



Roasted Parsnips with Thyme



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons t brown sugar dark packed ()
- ☐ 3 tablespoons thyme sprigs fresh coarsely chopped
- ☐ 2 pounds parsnips (5 to 6 medium)
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425°F. Peel the parsnips and cut them into 2-inch lengths. Quarter the thickest pieces, halve the medium ones, and leave the thinnest ones whole. You want all the pieces to be about the same size.
- ☐ Put the butter in a shallow baking dish large enough to hold the parsnips in a single layer and put the dish in the oven until the butter melts. Stir in the brown sugar and vinegar.
- ☐ Add the parsnips, salt, and pepper and stir to coat all the pieces evenly.
- ☐ Bake for 20 minutes.
- ☐ Remove the pan from the oven and stir in the thyme. Continue to bake until the parsnips are browned and tender when pierced with a fork, about 10 minutes longer.
- ☐ From The Herbfarm Cookbook by Jerry Traunfeld. Copyright ©2000 by Jerry Traunfeld. Reprinted by permission of Scribner, a division of Simon & Schuster, Inc.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:16.04, Inflammation Score:-10, Nutrition Score:20.445217301016%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 271.62kcal (13.58%), Fat: 9.29g (14.29%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 47.27g (15.76%), Net Carbohydrates: 35.39g (12.87%), Sugar: 15.86g (17.62%), Cholesterol: 22.58mg (7.53%), Sodium: 317.2mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Manganese: 1.39mg (69.28%), Vitamin C: 46.96mg (56.92%), Vitamin K: 51.97µg (49.49%), Fiber: 11.88g (47.52%), Folate: 154.7µg (38.67%), Potassium: 897.16mg (25.63%), Vitamin E: 3.62mg (24.16%), Magnesium: 75.49mg (18.87%), Phosphorus: 170.25mg (17.02%), Copper: 0.31mg (15.4%), Vitamin B5: 1.4mg (14.01%), Vitamin B1: 0.21mg (13.82%), Iron: 2.33mg (12.95%), Vitamin B6:

0.22mg (11.25%), Calcium: 110.98mg (11.1%), Vitamin A: 512.51IU (10.25%), Zinc: 1.45mg (9.66%), Vitamin B3: 1.69mg (8.47%), Vitamin B2: 0.14mg (8.35%), Selenium: 4.25µg (6.07%), Vitamin D: 0.16µg (1.05%)