



Roasted Potatoes, Carrots, Parsnips and Brussels Sprouts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

Ingredients

- 2 tablespoons pepper black freshly ground
- 0.5 pound brussels sprouts halved
- 0.8 pound carrots cut into 11/ circles
- 1 teaspoon basil dried
- 1 tablespoon rosemary dried
- 1 teaspoon thyme leaves dried
- 0.5 cup olive oil extra-virgin

- 1 tablespoon oregano dried
- 1 pound parsnips cut into 1 1/2 slices
- 1 pound bliss potatoes red cut into 1 1/2 slices
- 0.3 cup sea salt
- 1 pound sweet potatoes cut into 1 1/2 slices

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F.
- In a large bowl, add the carrots, Brussels sprouts, red bliss potatoes, parsnips and sweet potatoes. Toss well with olive oil, herbs, salt and pepper.
- Spread the vegetables evenly on a large baking sheet.
- Place on medium rack in oven and bake for 35 to 40 minutes.

Nutrition Facts



PROTEIN 8.42% **FAT 14.26%** **CARBS 77.32%**

Properties

Glycemic Index:63.26, Glycemic Load:25.05, Inflammation Score:-10, Nutrition Score:28.858260755954%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 260.43kcal (13.02%), Fat: 4.35g (6.7%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 53.09g (17.7%), Net Carbohydrates: 41.3g (15.02%), Sugar: 10.95g (12.17%), Cholesterol: 0mg (0%), Sodium: 4818.87mg (209.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin A: 20526.97IU (410.54%), Vitamin K: 110.53µg (105.27%), Vitamin C: 65.34mg (79.2%), Manganese: 1.29mg (64.35%), Fiber: 11.79g (47.14%), Potassium: 1232.02mg (35.2%), Vitamin B6: 0.63mg (31.68%), Folate: 109.2µg (27.3%), Magnesium: 81.79mg (20.45%), Copper: 0.38mg (19.04%), Vitamin B1: 0.28mg (18.92%), Vitamin E: 2.76mg (18.39%), Phosphorus: 183.64mg (18.36%), Iron: 3.21mg (17.84%), Vitamin B5: 1.59mg (15.91%), Vitamin B3: 2.67mg (13.34%), Calcium: 129.83mg (12.98%), Vitamin B2: 0.19mg (11.01%), Zinc: 1.28mg (8.52%), Selenium: 2.88µg (4.11%)