



HEALTH SCORE

100%

Roasted Potatoes, Carrots, Parsnips and Brussels Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

Ingredients

- 1 teaspoon 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
- 0.3 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 teaspoon sea salt
- 1 pound sweet potatoes cut into 1 1/2 slices

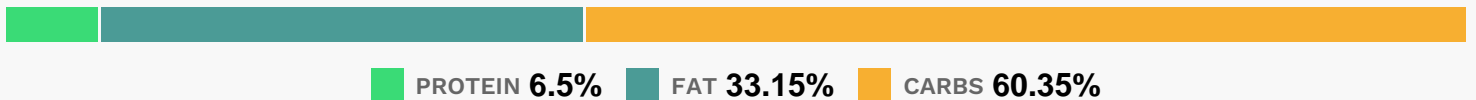
Equipment

- frying pan
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Grease an 11 by 17-inch baking sheet pan with extra-virgin olive oil.
- Place vegetables in baking sheet and add the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil.
- Add more oil if the vegetables seem dry.
- Spread the vegetables evenly on a large baking sheet.
- Place on middle rack in oven and bake for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:63.26, Glycemic Load:24.85, Inflammation Score:-10, Nutrition Score:28.37695646286%

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: 330.5kcal (16.53%), Fat: 12.7g (19.54%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 40.66g (14.78%), Sugar: 10.94g (12.15%), Cholesterol: 0mg (0%), Sodium: 200.04mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Vitamin A: 20517.85IU (410.36%), Vitamin K: 112.86µg (107.49%), Vitamin C: 65.34mg (79.2%), Manganese: 1.06mg (53.13%), Fiber: 11.36g (45.46%), Potassium: 1209mg (34.54%), Vitamin B6: 0.63mg (31.44%), Folate: 108.92µg (27.23%), Vitamin E: 3.95mg (26.34%), Magnesium: 78.82mg (19.7%), Vitamin B1: 0.28mg (18.8%), Phosphorus: 181.01mg (18.1%), Copper: 0.35mg (17.75%), Iron: 3.06mg (16.98%), Vitamin B5: 1.57mg (15.67%), Vitamin B3: 2.65mg (13.24%), Calcium: 119.67mg (11.97%), Vitamin B2: 0.18mg (10.83%), Zinc: 1.25mg (8.31%), Selenium: 2.78µg (3.98%)