



Roasted Root Vegetable and Pasta Salad

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large carrots peeled cut into 1-inch pieces
- 2.7 cups penne pasta cooked drained
- 0.3 cup grey poupon dijon mustard
- 2 Tbsp chives fresh chopped
- 3 Tbsp parsley fresh chopped
- 3 cloves garlic minced
- 0.3 cup olive oil divided
- 1 large onion finely chopped

- 2 parsnips peeled cut into 1-inch chunks
- 0.1 tsp pepper
- 0.3 cup balsamic vinegar white

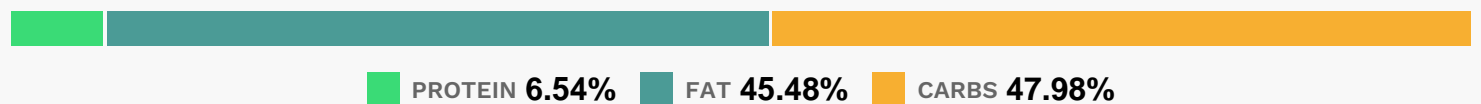
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Heat oven to 450F.
- Mix carrots, onions, parsnips, garlic and 3 Tbsp. oil in large bowl; spread into rimmed baking pan.
- Bake 35 to 40 min. or until golden brown, stirring occasionally.
- Meanwhile, whisk mustard, vinegar, remaining oil, parsley, chives and pepper until blended.
- Place pasta in large bowl.
- Add vegetable mixture; mix lightly.
- Add mustard mixture; toss to coat.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.36, Glycemic Load:4.8, Inflammation Score:-9, Nutrition Score:7.6669564298961%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 101.28kcal (5.06%), Fat: 5.21g (8.02%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 10.15g (3.69%), Sugar: 3.13g (3.47%), Cholesterol: 0mg (0%), Sodium: 63.13mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin A: 3292.28IU (65.85%), Vitamin K: 23.53µg (22.41%), Manganese: 0.24mg (12.12%), Fiber: 2.22g (8.89%), Selenium: 5.93µg (8.47%), Vitamin C: 6.83mg (8.28%), Vitamin E: 1.16mg (7.72%), Folate: 22.34µg (5.58%), Potassium: 179.24mg (5.12%), Phosphorus: 39.96mg (4%), Magnesium: 15.25mg (3.81%), Vitamin B6: 0.08mg (3.8%), Vitamin B1: 0.05mg (3.26%), Iron: 0.58mg (3.24%), Copper: 0.06mg (3.02%), Calcium: 23.52mg (2.35%), Vitamin B5: 0.23mg (2.26%), Vitamin B3: 0.45mg (2.23%), Zinc: 0.31mg (2.06%), Vitamin B2: 0.03mg (1.87%)