



Roasted Root Vegetable Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons apple cider vinegar
- 5 ounce baby arugula
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 2 large carrots halved lengthwise cut into 1/3-inch-wide pieces
- 0.8 teaspoon herbs de provence
- 1 tablespoon honey
- 0.3 teaspoon kosher salt

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- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 2 large parsnips halved lengthwise cut into 1/2-inch-wide pieces
- 1 pears cored ripe halved cut into thin wedges
- 18 pearl onions red peeled
- 0.5 cup walnuts toasted chopped

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 400 degrees F.
- In a large bowl, combine the onions, carrots and parsnips.
- Add the oil, herbes de Provence, salt and pepper; toss to coat evenly. Scatter the vegetables on a large nonstick rimmed baking sheet and roast for 20 minutes. Turn the vegetables over and roast until tender and beginning to brown, 15 to 20 minutes longer. Set the vegetables aside.
- In a salad bowl, combine the arugula, pear slices and roasted vegetables.
- Add the Apple Cider Vinaigrette and toss until coated.
- Sprinkle with the chopped walnuts and serve.
- In a medium bowl, whisk the vinegar, honey, salt and pepper until blended. Gradually whisk in the oil.

Nutrition Facts

PROTEIN 4.69% **FAT 60.92%** **CARBS 34.39%**

Properties

Glycemic Index:61.81, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:18.212173907653%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 20.95mg, Quercetin: 20.95mg, Quercetin: 20.95mg, Quercetin: 20.95mg

Nutrients (% of daily need)

Calories: 331.69kcal (16.58%), Fat: 23.54g (36.22%), Saturated Fat: 3g (18.77%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 23.1g (8.4%), Sugar: 13.97g (15.52%), Cholesterol: 0mg (0%), Sodium: 420.74mg (18.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin A: 4587.34IU (91.75%), Vitamin K: 55.06µg (52.44%), Manganese: 0.93mg (46.34%), Fiber: 6.8g (27.2%), Vitamin C: 21.89mg (26.53%), Vitamin E: 3.56mg (23.76%), Folate: 91.28µg (22.82%), Potassium: 578.42mg (16.53%), Copper: 0.31mg (15.59%), Magnesium: 56.61mg (14.15%), Vitamin B6: 0.27mg (13.4%), Phosphorus: 122.15mg (12.21%), Calcium: 101.86mg (10.19%), Vitamin B1: 0.15mg (10.12%), Iron: 1.55mg (8.63%), Vitamin B5: 0.67mg (6.65%), Zinc: 0.98mg (6.53%), Vitamin B2: 0.11mg (6.41%), Vitamin B3: 0.94mg (4.72%), Selenium: 2.04µg (2.91%)