



## Roasted Root Vegetable Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 3 cups butternut squash cubed peeled
- ☐ 4 carrots peeled halved lengthwise cut into 1-inch pieces
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons flat-leaf parsley leaves fresh
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons honey
- ☐ 0.6 teaspoon kosher salt divided

- ☐ 5 tablespoons olive oil divided
- ☐ 4 parsnips peeled halved lengthwise cut into 1-inch pieces
- ☐ 8 small shallots peeled halved
- ☐ 2 medium turnips cut into thin wedges
- ☐ 2 tablespoons citrus champagne vinegar

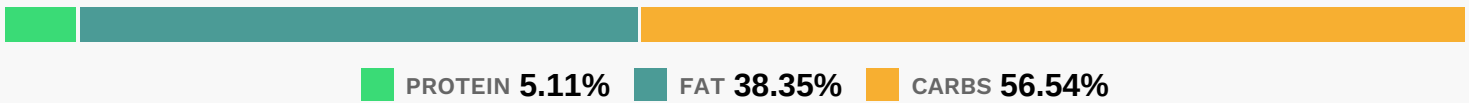
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 425
- ☐ Combine first 5 ingredients in a large bowl; add 2 tablespoons oil, 3/8 teaspoon salt, and 1/4 teaspoon pepper. Toss well to coat; arrange in a single layer on a large jelly-roll pan.
- ☐ Bake at 425 for 40 minutes or until vegetables are browned and tender, stirring every 10 minutes.
- ☐ Remove from oven; cool to room temperature.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, vinegar, mustard, honey, and garlic in a large bowl, stirring with a whisk. Gradually add the remaining 3 tablespoons oil, stirring constantly with a whisk.
- ☐ Add roasted vegetables; toss to coat.
- ☐ Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:38.01, Glycemic Load:7.14, Inflammation Score:-10, Nutrition Score:15.68739135369%

## Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 163.87kcal (8.19%), Fat: 7.38g (11.35%), Saturated Fat: 1.02g (6.41%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 18.73g (6.81%), Sugar: 8.44g (9.38%), Cholesterol: 0mg (0%), Sodium: 200.75mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin A: 8610.34IU (172.21%), Vitamin C: 28.71mg (34.79%), Vitamin K: 35.33µg (33.65%), Manganese: 0.58mg (29.19%), Fiber: 5.74g (22.97%), Vitamin E: 2.72mg (18.16%), Folate: 69.31µg (17.33%), Potassium: 582.1mg (16.63%), Vitamin B6: 0.25mg (12.54%), Magnesium: 43.34mg (10.84%), Vitamin B1: 0.14mg (9.26%), Phosphorus: 87.45mg (8.75%), Copper: 0.16mg (7.95%), Vitamin B5: 0.72mg (7.24%), Calcium: 68.38mg (6.84%), Vitamin B3: 1.34mg (6.68%), Iron: 1.18mg (6.58%), Zinc: 0.66mg (4.38%), Vitamin B2: 0.07mg (3.95%), Selenium: 2.16µg (3.08%)