



Roasted Root Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings arugula fresh
- ☐ 1.5 lb beets
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon horseradish
- ☐ 0.5 cup bottled olive oil-and-vinegar dressing
- ☐ 3 tablespoons olive oil divided
- ☐ 1 lb parsnips

- ☐ 1 teaspoon pepper divided
- ☐ 1.8 teaspoons salt divided
- ☐ 1.5 lb sweet potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Peel sweet potatoes, and cut into 3/4-inch cubes. Peel parsnips, and cut into 1/2-inch slices. Peel beets, and cut into 1/2-inch-thick wedges.
- ☐ Toss sweet potatoes and parsnips with 2 Tbsp. olive oil in a large bowl; place in a single layer in a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle with 1 1/4 tsp. salt and 1/2 tsp. pepper.
- ☐ Toss beets with remaining 1 Tbsp. olive oil; arrange beets in a single layer on a separate aluminum foil-lined 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle with remaining 1/2 tsp. salt and 1/2 tsp. pepper.
- ☐ Bake at 400 for 40 to 45 minutes or just until tender.
- ☐ Let cool completely (about 20 minutes).
- ☐ Meanwhile, whisk together dressing and next 3 ingredients.
- ☐ Place vegetables in a large bowl, and drizzle with desired amount of dressing; toss gently to coat.
- ☐ Serve at room temperature or chilled over arugula with any remaining dressing.

Nutrition Facts



 PROTEIN **6.25%**  FAT **32.19%**  CARBS **61.56%**

Properties

Glycemic Index:56.17, Glycemic Load:21.5, Inflammation Score:-10, Nutrition Score:23.257826162421%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 301.97kcal (15.1%), Fat: 11.2g (17.24%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 37.54g (13.65%), Sugar: 16.46g (18.29%), Cholesterol: 0mg (0%), Sodium: 859.66mg (37.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin A: 16421.13IU (328.42%), Manganese: 1.17mg (58.65%), Folate: 198.98µg (49.75%), Vitamin K: 48.08µg (45.79%), Fiber: 10.67g (42.66%), Potassium: 1086.86mg (31.05%), Vitamin C: 24.14mg (29.26%), Magnesium: 83.05mg (20.76%), Vitamin E: 3.05mg (20.32%), Vitamin B6: 0.39mg (19.61%), Copper: 0.36mg (18.13%), Phosphorus: 160.12mg (16.01%), Vitamin B5: 1.59mg (15.92%), Vitamin B1: 0.2mg (13.25%), Iron: 2.35mg (13.08%), Calcium: 100.23mg (10.02%), Vitamin B2: 0.16mg (9.61%), Zinc: 1.27mg (8.46%), Vitamin B3: 1.6mg (7.98%), Selenium: 3.24µg (4.62%)