



Roasted-Root Vegetable Stew

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups beets cubed peeled (1-inch)
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups carrots 1-inch-thick ()
- ☐ 4 teaspoons crème fraîche
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1.5 teaspoons sage fresh chopped

- ☐ 8 large garlic cloves peeled (1 garlic head)
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup parsnips 1-inch-thick ()
- ☐ 0.8 teaspoon salt
- ☐ 8 ounces shallots peeled
- ☐ 1 cup turnips cubed peeled (1-inch)
- ☐ 3 cups vegetable stock

Equipment

- ☐ oven
- ☐ roasting pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 7 ingredients in a shallow roasting pan.
- ☐ Bake at 450 for 30 minutes.
- ☐ Place vegetable mixture in a Dutch oven over medium heat.
- ☐ Add flour, ginger, and sage; cook 3 minutes.
- ☐ Add Vegetable Stock, and bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in salt and pepper.
- ☐ Sprinkle each serving with 1 1/2 teaspoons parsley and top with 1 teaspoon crme frache.

Nutrition Facts



Properties

Glycemic Index:123.71, Glycemic Load:13.8, Inflammation Score:-10, Nutrition Score:23.615217235425%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 197.61kcal (9.88%), Fat: 4.85g (7.45%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 28.87g (10.5%), Sugar: 16.26g (18.07%), Cholesterol: 2.36mg (0.79%), Sodium: 1273.04mg (55.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin A: 11287.27IU (225.75%), Copper: 2.49mg (124.68%), Vitamin K: 50.17µg (47.78%), Manganese: 0.9mg (45.17%), Folate: 137.62µg (34.4%), Vitamin C: 27.33mg (33.12%), Fiber: 7.75g (30.99%), Potassium: 825.71mg (23.59%), Vitamin B6: 0.46mg (23.15%), Magnesium: 51.9mg (12.98%), Phosphorus: 128.54mg (12.85%), Iron: 2.2mg (12.23%), Vitamin B1: 0.18mg (11.97%), Calcium: 96.42mg (9.64%), Vitamin E: 1.4mg (9.33%), Vitamin B3: 1.58mg (7.89%), Vitamin B2: 0.13mg (7.85%), Vitamin B5: 0.74mg (7.38%), Zinc: 1.01mg (6.7%), Selenium: 4.19µg (5.99%)