



HEALTH SCORE

55%

Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients



2 cups carrots diagonally sliced



2 teaspoons thyme leaves dried



2 tablespoons juice of lemon



2 teaspoons olive oil



2 cups parsnips diagonally sliced



0.5 teaspoon pepper



0.8 pound rutabaga peeled cut into 1-inch pieces



0.5 teaspoon salt

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Steam first 3 ingredients, covered, 5 minutes or until crisp-tender.
- ☐ Combine vegetables and remaining ingredients in a 13 x 9-inch baking dish; toss well.
- ☐ Bake at 425 for 40 minutes or until tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:10.46, Inflammation Score:-10, Nutrition Score:17.316521810449%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.84mg, Myricetin: 1.84mg, Myricetin: 1.84mg, Myricetin: 1.84mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 128.92kcal (6.45%), Fat: 2.55g (3.93%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 19.15g (6.96%), Sugar: 10.22g (11.35%), Cholesterol: 0mg (0%), Sodium: 352.14mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin A: 10714.36IU (214.29%), Vitamin C: 39.5mg (47.87%), Manganese: 0.65mg (32.41%), Vitamin K: 33.85µg (32.24%), Fiber: 7.28g (29.11%), Potassium: 728.77mg (20.82%), Folate: 77.49µg (19.37%), Vitamin E: 2.01mg (13.38%), Vitamin B1: 0.18mg (12.22%), Vitamin B6: 0.24mg (12.01%), Phosphorus: 116.69mg (11.67%), Magnesium: 45.96mg (11.49%), Calcium: 92.84mg (9.28%), Iron: 1.62mg (9%), Vitamin B3: 1.72mg (8.62%), Copper: 0.14mg (7.24%), Vitamin B5: 0.72mg (7.23%), Vitamin B2: 0.11mg (6.35%), Zinc: 0.79mg (5.26%), Selenium: 1.9µg (2.71%)