



Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 1.5 pounds carrots coarsely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 pound parsnips coarsely chopped
- ☐ 2 medium onions red cut into 8 wedges

- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 pound turnips peeled coarsely chopped

Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 7 ingredients in a shallow roasting pan; toss well.
- ☐ Bake at 450 for 1 hour, stirring after 30 minutes.
- ☐ Add parsley, vinegar, and pepper, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:52.14, Glycemic Load:11.03, Inflammation Score:-10, Nutrition Score:18.740869501363%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 175.27kcal (8.76%), Fat: 5.25g (8.08%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 23.32g (8.48%), Sugar: 13.05g (14.5%), Cholesterol: 0mg (0%), Sodium: 308.04mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin A: 19057.79IU (381.16%), Vitamin K: 56.98µg (54.26%), Vitamin C: 31.97mg (38.75%), Manganese: 0.7mg (35.03%), Fiber: 8.25g (32.99%), Potassium: 784.55mg (22.42%), Folate: 86.88µg (21.72%), Vitamin E: 2.58mg (17.18%), Vitamin B6: 0.3mg (15.21%), Vitamin B1: 0.18mg (11.74%), Phosphorus: 115.64mg (11.56%), Magnesium: 44.55mg (11.14%), Copper: 0.19mg (9.62%), Vitamin B3: 1.86mg (9.28%), Vitamin B5: 0.89mg (8.91%), Calcium: 88.06mg (8.81%), Vitamin B2: 0.13mg (7.43%), Iron: 1.12mg (6.22%), Zinc: 0.9mg (6%), Selenium: 1.94µg (2.77%)