



Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 carrots thinly sliced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 parsnips thinly sliced
- ☐ 8 ounces potatoes red quartered
- ☐ 0.1 teaspoon salt

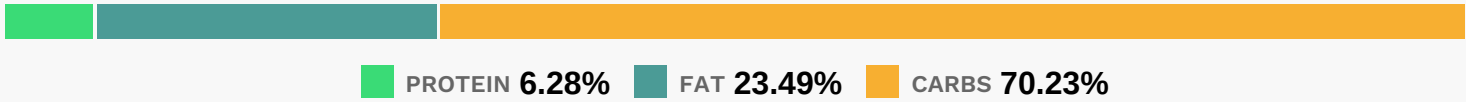
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine potatoes, carrots, and parsnips in a medium bowl.
- ☐ Add olive oil, salt, pepper, and garlic; toss well to coat. Arrange vegetable mixture on a rack placed in a broiler pan.
- ☐ Bake at 450 for 28 minutes, stirring after 10 minutes.

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:14.511304316313%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 142.53kcal (7.13%), Fat: 3.89g (5.99%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 20.52g (7.46%), Sugar: 5.91g (6.56%), Cholesterol: 0mg (0%), Sodium: 111.88mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 5099.71IU (101.99%), Manganese: 0.58mg (28.91%), Vitamin C: 20.08mg (24.34%), Vitamin K: 25.33µg (24.12%), Fiber: 5.65g (22.59%), Potassium: 650.09mg (18.57%), Folate: 67.96µg (16.99%), Vitamin E: 1.87mg (12.45%), Vitamin B6: 0.22mg (10.89%), Phosphorus: 101.53mg (10.15%), Magnesium: 38.9mg (9.73%), Copper: 0.19mg (9.29%), Vitamin B1: 0.14mg (9.16%), Vitamin B3: 1.5mg (7.5%), Vitamin B5: 0.71mg (7.12%), Iron: 1mg (5.56%), Zinc: 0.73mg (4.85%), Calcium: 45.35mg (4.53%), Vitamin B2: 0.08mg (4.41%), Selenium: 1.82µg (2.6%)