



Roasted Root Vegetables With Apple Juice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 3 cups apple juice
- ☐ 3 tablespoons butter
- ☐ 1.3 pounds carrots
- ☐ 1 cup cooking wine dry white
- ☐ 1.3 pounds parsnips
- ☐ 1.3 pounds rutabagas
- ☐ 8 servings salt and pepper to taste
- ☐ 1.3 pounds sweet potatoes

☐ 1.3 pounds turnips

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Boil apple juice and wine in a large saucepan until reduced to 3/4 cup, about 30 minutes.
- ☐ Whisk in butter or margarine.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Peel and cut vegetables into 1/2 inch pieces. Divide between 2 roasting pans.
- ☐ Pour apple juice mixture over vegetables.
- ☐ Sprinkle with salt and pepper. Toss to coat.
- ☐ Roast until vegetables are tender and golden, stirring occasionally, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:50.95, Glycemic Load:24.06, Inflammation Score:-10, Nutrition Score:22.662173868521%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 294.26kcal (14.71%), Fat: 4.98g (7.66%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 45.08g (16.39%), Sugar: 24.82g (27.57%), Cholesterol: 11.29mg (3.76%), Sodium: 383.73mg (16.68%), Alcohol: 3.09g (100%), Alcohol %: 0.81% (100%), Protein: 4.18g (8.37%), Vitamin A: 22028.59IU (440.57%), Vitamin C: 51.37mg (62.27%), Manganese: 0.97mg (48.67%), Fiber: 10.68g (42.7%), Potassium: 1199.48mg (34.27%), Vitamin K: 27.35µg (26.05%), Vitamin B6: 0.48mg (23.81%), Folate: 94.72µg (23.68%), Magnesium: 76.51mg (19.13%), Vitamin B1: 0.28mg (18.62%), Phosphorus: 178.31mg (17.83%), Copper: 0.32mg (15.97%), Vitamin B5: 1.51mg (15.06%), Vitamin E: 2.07mg (13.82%), Calcium: 133.42mg (13.34%), Vitamin B3: 2.47mg (12.35%), Vitamin B2: 0.19mg (11.26%), Iron: 1.78mg (9.9%), Zinc: 1.22mg (8.15%), Selenium: 2.94µg (4.2%)