



Roasted Root Vegetables With Horseradish Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb beets
- ☐ 6 servings curly endive leaves
- ☐ 3 tablespoons olive oil
- ☐ 1 lb parsnips
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 1.5 lb sweet potatoes

☐ 6 servings horseradish vinaigrette

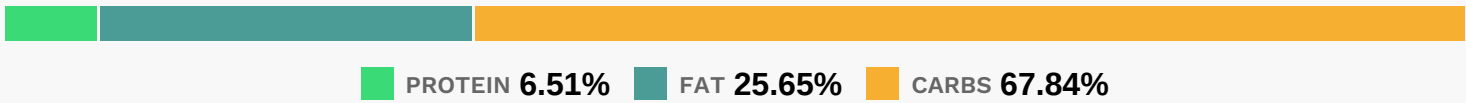
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Peel sweet potatoes, and cut into 3/4-inch cubes. Peel parsnips, and cut into 1/2-inch slices. Peel beets, and cut into 1/2-inch-thick wedges.
- ☐ Toss parsnips and sweet potatoes with 2 Tbsp. olive oil in a large bowl; place in a single layer in an aluminum foil-lined 15- x 10-inch jelly-roll pan. Season with 1 tsp. salt and 1/2 tsp. pepper. Toss beets with remaining 1 Tbsp. olive oil; arrange beets in a single layer on a second aluminum foil-lined jelly-roll pan. Season with remaining 1/2 tsp. salt and 1/2 tsp. pepper.
- ☐ Bake vegetables at 400 for 20 to 25 minutes or just until tender.
- ☐ Let cool 15 minutes or until completely cool.
- ☐ Arrange curly endive leaves on a serving platter; top with vegetables, and drizzle evenly with Horseradish Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:21.461304229239%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 270.42kcal (13.52%), Fat: 7.99g (12.29%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 37.14g (13.5%), Sugar: 16.07g (17.85%), Cholesterol: 0mg (0%), Sodium: 740.42mg (32.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin A: 16184.2IU (323.68%), Manganese: 1.14mg (56.86%), Folate: 187.89µg (46.97%), Fiber: 10.41g (41.62%), Potassium: 1043.09mg (29.8%), Vitamin K: 28µg (26.67%), Vitamin C: 21.37mg (25.9%), Magnesium: 77.24mg (19.31%), Vitamin B6: 0.38mg (19.15%), Copper: 0.35mg (17.74%), Vitamin E: 2.55mg (16.98%), Vitamin B5: 1.55mg (15.53%), Phosphorus: 153.33mg (15.33%), Vitamin B1: 0.19mg (12.84%), Iron: 2.13mg (11.84%), Vitamin B2: 0.15mg (9.05%), Calcium: 82.29mg (8.23%), Zinc: 1.19mg (7.95%), Vitamin B3: 1.55mg (7.74%), Selenium: 2.87µg (4.1%)