



## Roasted Root Vegetables with Sorghum and Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

### Ingredients

- 16 baby carrots peeled cut in half lengthwise ( 1 pound)
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons canola oil
- 2 tablespoons cider vinegar
- 1 tablespoon chives fresh chopped
- 0.5 teaspoon kosher salt
- 1 cup pearl onions peeled

- 2 tablespoons sorghum syrup
- 12 baby turnips peeled cut in half lengthwise ( 1 pound)

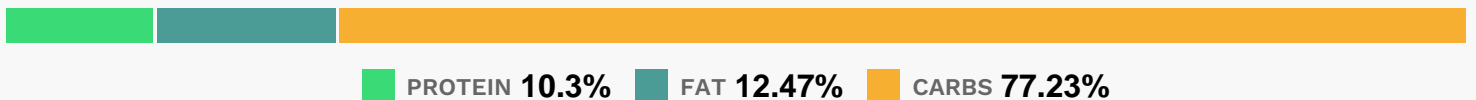
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 45
- Place onions, carrots, and turnips on a jelly-roll pan.
- Drizzle with canola oil, and toss gently to coat.
- Bake at 450 for 15 minutes.
- Combine sorghum and vinegar.
- Drizzle half of sorghum mixture over carrot mixture, and toss gently to coat.
- Bake an additional 15 minutes or until vegetables are tender.
- Drizzle with remaining sorghum mixture.
- Sprinkle evenly with chopped fresh chives, salt, and freshly ground black pepper.

## Nutrition Facts



## Properties

Glycemic Index:27.13, Glycemic Load:6.82, Inflammation Score:-9, Nutrition Score:10.559130425039%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

## Nutrients (% of daily need)

Calories: 92.5kcal (4.62%), Fat: 1.37g (2.1%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 14.39g (5.23%), Sugar: 9.18g (10.2%), Cholesterol: 0mg (0%), Sodium: 285.17mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin A: 2775.26IU (55.51%), Vitamin C: 41.36mg (50.13%), Fiber: 4.63g (18.54%), Manganese: 0.33mg (16.63%), Potassium: 457.75mg (13.08%), Vitamin B6: 0.22mg (11.09%), Folate: 38.87µg (9.72%), Copper: 0.19mg (9.45%), Phosphorus: 74.81mg (7.48%), Calcium: 70.11mg (7.01%), Vitamin B1: 0.1mg (6.79%), Magnesium: 25.54mg (6.39%), Iron: 0.97mg (5.4%), Vitamin B3: 0.99mg (4.94%), Vitamin B5: 0.48mg (4.85%), Vitamin B2: 0.08mg (4.46%), Zinc: 0.58mg (3.89%), Vitamin K: 3.8µg (3.61%), Selenium: 1.62µg (2.31%), Vitamin E: 0.24mg (1.58%)