




## Roasted Root Vegetables with Spicy Pepitas and Horseradish Creme Fraiche

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

### Ingredients

- 1 bunch baby carrots ( 8 carrots)
- 0.5 teaspoon chili powder
- 1 cup crème fraîche
- 2 heads garlic
- 1 pound gold fingerling potatoes washed and dried
- 0.5 teaspoon ground cumin
- 0.3 cup horseradish prepared

- 6 servings kosher salt and freshly cracked pepper black
- 6 servings kosher salt and pepper black freshly ground
- 1 teaspoon juice of lemon
- 1 teaspoon olive oil
- 3 tablespoons olive oil extra-virgin
- 0.5 cup pepitas raw shelled
- 1 bunch beets red ( 4 beets)

## Equipment

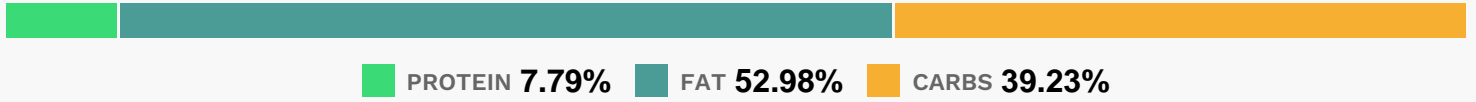
- oven
- knife
- mixing bowl
- roasting pan

## Directions

- For the vegetables: Preheat the oven to 425 degrees F.
- Trim the stems off the beets and lightly scrub with a vegetable brush - this will remove the tough outer layer. Quarter the beets and set aside. Trim the carrots (leaving a little of the stem on), and then cut in half crosswise.
- Add all the vegetables and the potatoes to a roasting pan along with the garlic head halves.
- Drizzle with the olive oil and season well with salt and pepper. Roast in the oven until golden brown and tender, about 45 minutes (the tip of a paring knife should pierce a potato and go through with little resistance).
- For the spicy pepitas: In a large mixing bowl, combine the lemon juice, olive oil, chili powder, cumin and some salt and pepper.
- Add the pepitas and mix well so they are evenly coated. Toast in the oven until the pepitas are lightly browned, 7 to 10 minutes.
- For the horseradish creme fraiche: Stir together the creme fraiche and horseradish and season with salt and pepper. Refrigerate until ready to serve.
- To serve, place the roasted root vegetables on a large platter.

Drizzle with the horseradish creme fraiche and garnish with spicy pepitas.

## Nutrition Facts



### Properties

Glycemic Index:43.29, Glycemic Load:12.66, Inflammation Score:-10, Nutrition Score:18.152173845664%

### Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

### Nutrients (% of daily need)

Calories: 296.1kcal (14.81%), Fat: 18.14g (27.9%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 24.26g (8.82%), Sugar: 9.29g (10.32%), Cholesterol: 22.62mg (7.54%), Sodium: 348.36mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Vitamin A: 10650.6IU (213.01%), Manganese: 0.8mg (40.15%), Vitamin C: 25.07mg (30.39%), Vitamin B6: 0.48mg (24.05%), Fiber: 5.95g (23.82%), Potassium: 793.06mg (22.66%), Folate: 89.38µg (22.35%), Phosphorus: 194.59mg (19.46%), Magnesium: 76mg (19%), Copper: 0.3mg (15.24%), Vitamin K: 14.79µg (14.08%), Iron: 2.48mg (13.79%), Calcium: 106.19mg (10.62%), Vitamin E: 1.47mg (9.8%), Vitamin B1: 0.14mg (9.29%), Vitamin B2: 0.16mg (9.15%), Vitamin B3: 1.79mg (8.94%), Zinc: 1.24mg (8.29%), Vitamin B5: 0.83mg (8.27%), Selenium: 4.77µg (6.81%), Vitamin B12: 0.08µg (1.34%)