



HEALTH SCORE

100%

Roasted Root Vegetables with Walnut Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 cups basil leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound brussels sprouts trimmed halved
- ☐ 1 pound carrots 1-inch-thick ()
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 1 garlic clove peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 large onion cut into 8 wedges

- ☐ 1 ounce parmigiano-reggiano fresh grated
- ☐ 1 pound parsnips 1-inch-thick ()
- ☐ 0.5 teaspoon salt
- ☐ 2 shallots peeled quartered
- ☐ 3 cups turnip cubed peeled (1-inch)
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 2 tablespoons water

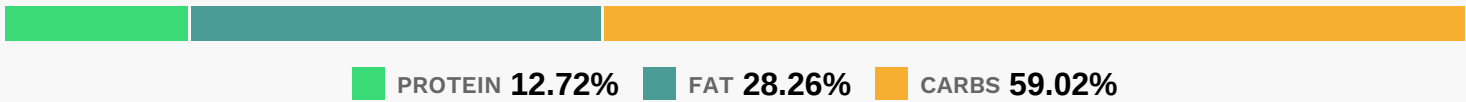
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ To prepare vegetables, place first 6 ingredients in a single layer on a jelly-roll pan coated with cooking spray. Lightly coat vegetable mixture with cooking spray.
- ☐ Sprinkle evenly with 1/2 teaspoon salt and 1/4 teaspoon black pepper; toss.
- ☐ Bake at 425 for 1 hour or until browned.
- ☐ Transfer vegetable mixture to a large bowl.
- ☐ To prepare pesto, combine basil leaves and remaining ingredients in a food processor; process until smooth, scraping sides. Spoon basil mixture over vegetable mixture, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:43.98, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:21.737391250289%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 139.03kcal (6.95%), Fat: 4.72g (7.26%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 15.54g (5.65%), Sugar: 7.99g (8.88%), Cholesterol: 1.93mg (0.64%), Sodium: 236.7mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Vitamin A: 8196.54IU (163.93%), Vitamin K: 117.72µg (112.11%), Vitamin C: 60.22mg (72.99%), Manganese: 0.73mg (36.27%), Fiber: 6.63g (26.52%), Folate: 83.72µg (20.93%), Potassium: 637.9mg (18.23%), Vitamin B6: 0.3mg (15.17%), Phosphorus: 130.4mg (13.04%), Vitamin B1: 0.17mg (11.54%), Calcium: 113.31mg (11.33%), Magnesium: 45.09mg (11.27%), Vitamin E: 1.69mg (11.26%), Copper: 0.22mg (10.91%), Iron: 1.53mg (8.49%), Vitamin B2: 0.12mg (7.33%), Vitamin B5: 0.69mg (6.91%), Vitamin B3: 1.37mg (6.86%), Zinc: 0.93mg (6.2%), Selenium: 2.84µg (4.05%)