

Roasted Roots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients



1.5 pounds carrots peeled cut into 1 1/2



1.5 teaspoons kosher salt



3 tablespoons olive oil



1.5 pounds parsnips peeled cut into 1 1/2



0.5 teaspoon pepper freshly ground



1 tablespoon sugar

Equipment



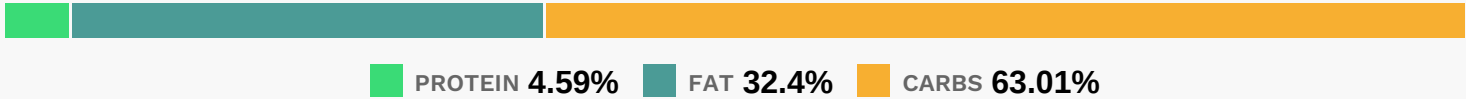
roasting pan

☐ broiler pan

Directions

☐ Combine all ingredients in a shallow roasting pan or broiler pan; toss well, and spread in a single layer. Roast at 475 for 30 minutes, stirring after 25 minutes.

Nutrition Facts



Properties

Glycemic Index:33.49, Glycemic Load:12.74, Inflammation Score:-10, Nutrition Score:18.62608692957%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 201.54kcal (10.08%), Fat: 7.62g (11.73%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 24.59g (8.94%), Sugar: 12.82g (14.24%), Cholesterol: 0mg (0%), Sodium: 671.15mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin A: 18945.2IU (378.9%), Vitamin K: 44.97µg (42.83%), Manganese: 0.82mg (41%), Fiber: 8.77g (35.1%), Vitamin C: 25.97mg (31.48%), Folate: 97.55µg (24.39%), Vitamin E: 3.45mg (22.99%), Potassium: 790.56mg (22.59%), Vitamin B6: 0.26mg (12.95%), Phosphorus: 120.47mg (12.05%), Vitamin B1: 0.18mg (11.81%), Magnesium: 46.79mg (11.7%), Vitamin B5: 0.99mg (9.92%), Vitamin B3: 1.91mg (9.55%), Copper: 0.19mg (9.5%), Calcium: 79.43mg (7.94%), Vitamin B2: 0.12mg (7.24%), Zinc: 0.94mg (6.3%), Iron: 1.07mg (5.95%), Selenium: 2.18µg (3.11%)