

food
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Roasted Roots and Radiatore Pasta Salad

 Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



871 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound small-medium carrots peeled cut into bite-size pieces
- 1 teaspoon dijon mustard
- 0.5 teaspoon thyme leaves fresh
- 2 teaspoons thyme leaves fresh
- 1 clove garlic minced
- 1 clove garlic minced
- 0.5 cup goat cheese crumbled
- 1 tablespoon honey

- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 0.3 cup olive oil
- 1 large onion diced peeled
- 2 tablespoons parsley italian chopped for garnish
- 1 pound parsnips split peeled cut into bite-size pieces
- 12 ounce radiatore pasta
- 2 tablespoons red wine vinegar
- 2 tablespoons scallions sliced
- 1 pound turnips cut into bite-size pieces

Equipment

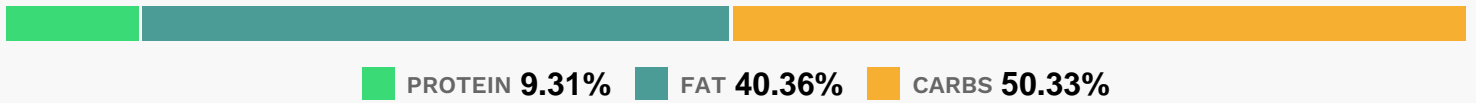
- bowl
- frying pan
- oven
- whisk
- mixing bowl
- pot

Directions

- For the roasted root vegetables: Preheat the oven to 375 degrees F.
- Place a large roasting tray in the oven to heat up.
- Place the prepared root vegetables in a large mixing bowl, and add olive oil, thyme, garlic, salt and pepper. Toss to mix everything together and coat the vegetables evenly.
- Remove the hot tray from the oven (this will ensure the vegetables don't stick to the pan and get a nice initial sear on the bottoms) and pour the vegetables onto the tray.
- Spread the vegetables out evenly and roast until the vegetables are tender and nicely caramelized on the outside, 35 to 45 minutes. Allow the vegetables to cool slightly before mixing with the pasta.

- Combine the vinegar, honey, mustard and garlic together in a small bowl. While whisking slowly, add the olive oil so it emulsifies. Fold in the parsley, scallions and thyme and season with salt and pepper.
- For assembly: Bring a large pot of lightly salted water to a boil.
- Add the pasta and cook until al dente, 8 to 10 minutes.
- Drain and toss together with the warm roasted root vegetables.
- Add the vinaigrette and mix together well. Top with the crumbled goat cheese, some extra chopped Italian parsley and serve.

Nutrition Facts



Properties

Glycemic Index:142.78, Glycemic Load:43.99, Inflammation Score:-10, Nutrition Score:39.376087442688%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 870.77kcal (43.54%), Fat: 39.62g (60.96%), Saturated Fat: 8.85g (55.34%), Carbohydrates: 111.19g (37.06%), Net Carbohydrates: 96.62g (35.13%), Sugar: 23.67g (26.3%), Cholesterol: 13.05mg (4.35%), Sodium: 293.76mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.11%), Vitamin A: 19497.5IU (389.95%), Vitamin K: 99.52µg (94.78%), Manganese: 1.89mg (94.3%), Selenium: 58.39µg (83.41%), Vitamin C: 58.32mg (70.69%), Fiber: 14.57g (58.29%), Vitamin E: 7.2mg (47.99%), Phosphorus: 403.28mg (40.33%), Copper: 0.77mg (38.67%), Potassium: 1298.65mg (37.1%), Folate: 146.15µg (36.54%), Vitamin B6: 0.63mg (31.32%), Magnesium: 117.48mg (29.37%), Vitamin B1: 0.35mg (23.02%), Iron: 3.75mg (20.82%), Vitamin B3: 4.06mg (20.32%), Vitamin B2: 0.34mg (20.02%), Calcium: 193.48mg (19.35%), Zinc: 2.87mg (19.12%), Vitamin B5: 1.86mg (18.55%)