



Roasted swede with parmesan

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1 large swede peeled cut into chips (approx 750g 1lb 10oz)
- ☐ 1 tbsp olive oil for greasing
- ☐ 50 g parmesan grated (or vegetarian alternative)
- ☐ 1 tbsp rosemary leaves
- ☐ 1 knob butter
- ☐ 2 garlic cloves peeled

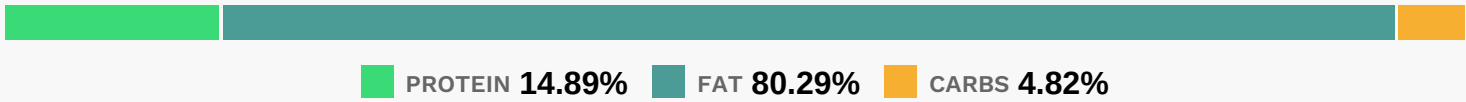
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Tip the swede, olive oil, 40g of the parmesan and the rosemary leaves into a shallow roasting tin. Season and toss well, arranging in one layer.
- ☐ Sprinkle over the remaining parmesan, dot with butter, then add the garlic cloves. Roast for 30–35 mins, turning halfway through cooking, until crisp and golden.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:2.8695652109125%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.2kcal (6.16%), Fat: 11.16g (17.16%), Saturated Fat: 5.31g (33.16%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.12g (0.13%), Cholesterol: 19.79mg (6.6%), Sodium: 235.97mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Calcium: 162.59mg (16.26%), Phosphorus: 91.07mg (9.11%), Vitamin A: 254.76IU (5.1%), Selenium: 3.12µg (4.45%), Vitamin E: 0.65mg (4.36%), Vitamin B2: 0.05mg (2.86%), Vitamin B12: 0.16µg (2.65%), Zinc: 0.39mg (2.62%), Vitamin K: 2.71µg (2.58%), Vitamin B6: 0.04mg (2.25%), Iron: 0.39mg (2.18%), Manganese: 0.04mg (2.18%), Magnesium: 7.84mg (1.96%), Fiber: 0.39g (1.58%), Vitamin C: 0.99mg (1.2%)