



Roasted Sweet Potatoes and Vegetables With Thyme and Maple Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 large carrots cut into long, thin rectangles
- 4 sprigs thyme leaves fresh
- 4 servings salt and ground pepper black to taste
- 2 tablespoons maple syrup to taste
- 1 parsnips cut into long, thin rectangles
- 1 pound sweet potatoes cut into long, thin rectangles

Equipment

frying pan

oven

Directions

Preheat oven to 375 degrees F (190 degrees C).

Scatter pieces of sweet potato, carrot, and parsnip onto a jelly roll pan; drizzle with olive oil and season with salt and black pepper.

Roast in the preheated oven until vegetables are partially soft, about 30 minutes. Scatter thyme sprigs over vegetables and drizzle with maple syrup. Return to oven and bake until vegetables are soft, about 15 more minutes.

Nutrition Facts

 **PROTEIN 5.96%** **FAT 1.28%** **CARBS 92.76%**

Properties

Glycemic Index:67.58, Glycemic Load:16.99, Inflammation Score:-10, Nutrition Score:14.483912903333%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 162.23kcal (8.11%), Fat: 0.24g (0.36%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 32.59g (11.85%), Sugar: 13.45g (14.94%), Cholesterol: 0mg (0%), Sodium: 79.67mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin A: 19142.92IU (382.86%), Manganese: 0.8mg (39.76%), Fiber: 5.97g (23.88%), Potassium: 614.98mg (17.57%), Vitamin B6: 0.3mg (15.02%), Vitamin C: 11.97mg (14.51%), Vitamin B2: 0.23mg (13.58%), Vitamin K: 13.3µg (12.67%), Vitamin B5: 1.19mg (11.94%), Copper: 0.23mg (11.64%), Magnesium: 45.62mg (11.4%), Folate: 42.32µg (10.58%), Vitamin B1: 0.14mg (9.49%), Phosphorus: 88.33mg (8.83%), Calcium: 69.3mg (6.93%), Vitamin E: 0.99mg (6.61%), Iron: 1.17mg (6.5%), Vitamin B3: 1.11mg (5.54%), Zinc: 0.7mg (4.68%), Selenium: 1.4µg (2%)