



Roasted Turnips, Sweet Potatoes, Apples, and Dried Cranberries

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 cup cranberries dried
- ☐ 2.5 cups apples i use 2 granny smith apples cubed peeled () (1 1/2 pounds)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons stick margarine cut into small pieces
- ☐ 3 cups sweet potatoes and into cubed peeled () (1 1/4 pounds)
- ☐ 3 cups turnips cubed peeled () (1 1/4 pounds)

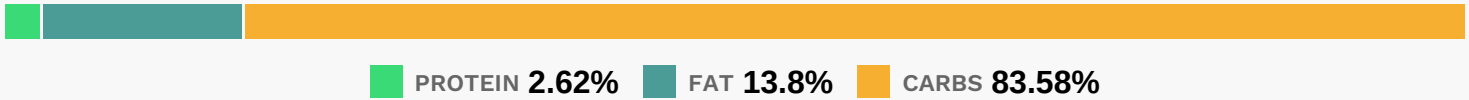
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 6 ingredients in a shallow 2-quart baking dish coated with cooking spray. Top with butter.
- ☐ Bake at 350 for 1 1/2 hours or until tender, stirring after 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23.29, Glycemic Load:9.17, Inflammation Score:-10, Nutrition Score:10.362173923008%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 231.73kcal (11.59%), Fat: 3.76g (5.78%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 46.44g (16.89%), Sugar: 37.01g (41.12%), Cholesterol: 0mg (0%), Sodium: 114.25mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin A: 8261.95IU (165.24%), Vitamin C: 15.99mg (19.39%), Fiber: 4.71g (18.83%), Manganese: 0.29mg (14.68%), Potassium: 379.64mg (10.85%), Vitamin B6: 0.2mg

(10.1%), Copper: 0.16mg (8.21%), Vitamin B5: 0.66mg (6.59%), Magnesium: 24.97mg (6.24%), Calcium: 52.49mg (5.25%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 49.9mg (4.99%), Vitamin E: 0.74mg (4.95%), Iron: 0.75mg (4.16%), Folate: 16.59µg (4.15%), Vitamin B2: 0.07mg (4.11%), Vitamin B3: 0.7mg (3.48%), Vitamin K: 3.38µg (3.22%), Zinc: 0.36mg (2.42%), Selenium: 1.03µg (1.47%)