




 **84%**
HEALTH SCORE

Roasted Vegetable Medley


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 2 cups baby carrots
- 1 pound brussels sprouts quartered
- 0.5 head cauliflower cut into florets
- 4 garlic cloves minced
- 0.3 cup olive oil
- 2 parsnips cut into 1/2-inch slices
- 0.5 teaspoon pepper freshly ground
- 1 teaspoon salt

- 1 teaspoon sugar
- 3 tablespoons balsamic vinegar white

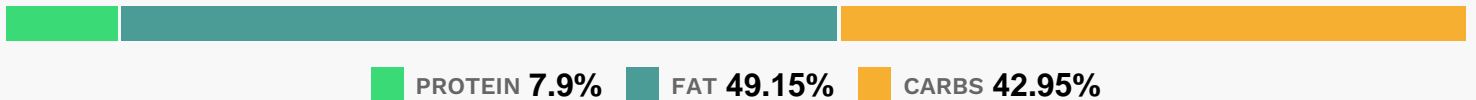
Equipment

- frying pan
- oven
- whisk
- aluminum foil

Directions

- Combine first 5 ingredients; whisk in olive oil in a slow, steady stream.
- Place brussels sprouts and next 3 ingredients in a lightly greased aluminum foil-lined 15- x 10- inch jellyroll pan.
- Drizzle with vinegar mixture, tossing to coat.
- Bake at 400 for 45 minutes or until vegetables are crisp-tender and lightly browned, stirring every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:49.68, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:24.419565283734%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 217.26kcal (10.86%), Fat: 12.59g (19.37%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 17.07g (6.21%), Sugar: 8.97g (9.97%), Cholesterol: 0mg (0%), Sodium: 461.76mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin K: 164.4µg (156.57%), Vitamin A: 6454.84IU

(129.1%), Vitamin C: 97.87mg (118.63%), Manganese: 0.75mg (37.45%), Fiber: 7.68g (30.74%), Folate: 119.65µg (29.91%), Potassium: 751.63mg (21.48%), Vitamin E: 3.2mg (21.37%), Vitamin B6: 0.37mg (18.52%), Vitamin B1: 0.19mg (12.83%), Phosphorus: 126.72mg (12.67%), Iron: 2.12mg (11.79%), Magnesium: 45.58mg (11.4%), Vitamin B5: 1.05mg (10.49%), Copper: 0.19mg (9.34%), Vitamin B2: 0.14mg (8.27%), Calcium: 81.43mg (8.14%), Vitamin B3: 1.42mg (7.1%), Zinc: 0.86mg (5.71%), Selenium: 3.11µg (4.44%)