



Roasted Vegetables with Pecan Gremolata



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds brussels sprouts trimmed halved
- ☐ 1 pound carrots peeled halved lengthwise
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 6 tablespoons olive oil divided
- ☐ 1 ounce parmesan cheese grated

- ☐ 1 pound parsnips peeled cut in half lengthwise, then crosswise
- ☐ 0.8 cup pecans
- ☐ 1 pound turnips 1-inch-thick peeled halved cut into wedges

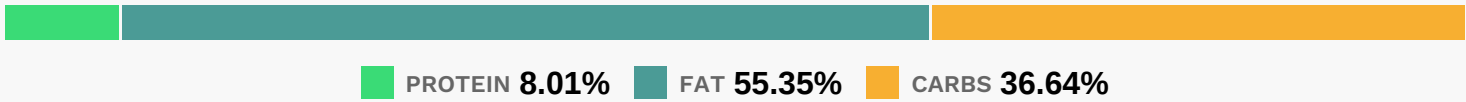
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Toss carrots, parsnips, turnips, and brussels sprouts in large bowl with 3 tablespoons oil.
- ☐ Transfer to rimmed baking sheet; sprinkle with salt and pepper. Roast until vegetables are tender, tossing often, about 1 hour.
- ☐ Transfer vegetables to large platter; cool.
- ☐ Using on/off turns, chop pecans in processor until coarsely ground.
- ☐ Transfer ground pecans to small bowl; stir in grated cheese, parsley, 1 tablespoon lemon juice, lemon peel, garlic, and 1 tablespoon oil. Season gremolata to taste with salt.
- ☐ Drizzle vegetables with remaining 2 tablespoons oil and remaining 1 tablespoon lemon juice.
- ☐ Sprinkle gremolata over vegetables just before serving.

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:27.078695750431%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate:

0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin:
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg,
Naringenin: 2.38mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.33mg,
Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol:
0.77mg, Kaempferol: 0.77mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin:
2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 286.41kcal (14.32%), Fat: 18.78g (28.89%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 27.97g (9.32%),
Net Carbohydrates: 18.84g (6.85%), Sugar: 9.64g (10.71%), Cholesterol: 3.08mg (1.03%), Sodium: 163.92mg (7.13%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin A: 10200.97IU (204.02%), Vitamin K:
183.21µg (174.48%), Vitamin C: 90.27mg (109.41%), Manganese: 1.14mg (57.19%), Fiber: 9.13g (36.52%), Folate:
106.46µg (26.62%), Potassium: 839.68mg (23.99%), Vitamin E: 3.54mg (23.61%), Vitamin B1: 0.28mg (18.37%),
Vitamin B6: 0.37mg (18.36%), Phosphorus: 174.54mg (17.45%), Copper: 0.31mg (15.47%), Magnesium: 59.62mg
(14.91%), Calcium: 128.32mg (12.83%), Iron: 2.11mg (11.71%), Zinc: 1.52mg (10.16%), Vitamin B2: 0.17mg (9.98%),
Vitamin B5: 0.94mg (9.36%), Vitamin B3: 1.85mg (9.27%), Selenium: 4.27µg (6.09%)