



Roasted Watermelon Radishes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

Ingredients



1 teaspoon sea salt



3 tablespoons olive oil divided



1 pound watermelon radishes trimmed

Equipment



oven

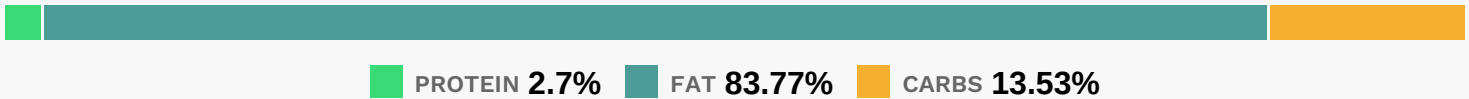


baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Cut radishes into wedges.
- ☐ Mix with 2 tbsp. oil and put in a 2-qt. baking dish. Roast radishes, stirring occasionally, until fork tender, about 1 hour.
- ☐ Drizzle with remaining 1 tbsp. oil and sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:3.9652174231799%

Flavonoids

Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg

Nutrients (% of daily need)

Calories: 110.96kcal (5.55%), Fat: 10.61g (16.33%), Saturated Fat: 1.49g (9.28%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 2.04g (0.74%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 625.81mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 16.78mg (20.34%), Vitamin E: 1.51mg (10.08%), Potassium: 264.44mg (7.56%), Vitamin K: 7.8µg (7.42%), Fiber: 1.81g (7.26%), Folate: 28.35µg (7.09%), Vitamin B6: 0.08mg (4.03%), Manganese: 0.08mg (3.99%), Calcium: 28.81mg (2.88%), Copper: 0.06mg (2.86%), Magnesium: 11.35mg (2.84%), Vitamin B2: 0.04mg (2.6%), Iron: 0.45mg (2.5%), Phosphorus: 22.68mg (2.27%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.29mg (1.44%)