



Roasted Winter Root Vegetables

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

90 min.

SERVINGS

servings

60

CALORIES

calories

69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 pounds carrots peeled cut into 2x1/2 inch pieces
- ☐ 0.3 cup basil dried
- ☐ 1.3 cups parsley fresh chopped
- ☐ 60 servings salt and ground pepper black to taste
- ☐ 5 pounds parsnips peeled cut into 2x1/2 inch pieces
- ☐ 5 pounds rutabaga peeled cut into 2x1/2 inch pieces
- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups vegetable oil

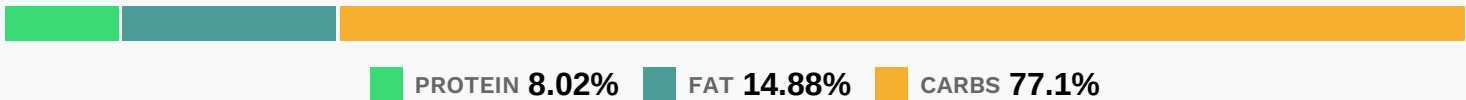
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Place the rutabaga in a pan and cover with water.
- ☐ Add 1/4 teaspoon of salt. Bring to a boil, reduce heat to medium, cover, and simmer until tender and easily pierced with a fork, about 5 minutes.
- ☐ Drain well, and cool completely. Repeat steps to cook the parsnips and carrots.
- ☐ Place completely cooled vegetables in resealable freezer bags. Refrigerate for 1 to 2 days, or freeze up to 1 month. To thaw the vegetables, refrigerate overnight and drain.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Pour the vegetable oil into a rimmed baking dish.
- ☐ Place the vegetables into a large mixing bowl and toss with the basil, salt, and pepper.
- ☐ Place the pan in preheated oven to heat for 5 minutes.
- ☐ Add the vegetables and toss to coat with the oil.
- ☐ Roast vegetables in preheated oven, turning every 10 minutes, until tender and golden brown, about 30 minutes.
- ☐ Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:5.52, Inflammation Score:-10, Nutrition Score:13.3856522415%

Flavonoids

Apigenin: 4.15mg, Apigenin: 4.15mg, Apigenin: 4.15mg, Apigenin: 4.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 68.86kcal (3.44%), Fat: 1.23g (1.89%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 10.08g (3.66%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 64.94mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin A: 6428.7IU (128.57%), Vitamin K: 52.84µg (50.33%), Vitamin C: 19.78mg (23.97%), Manganese: 0.43mg (21.33%), Fiber: 4.22g (16.87%), Potassium: 412.18mg (11.78%), Folate: 45.42µg (11.35%), Iron: 1.48mg (8.2%), Magnesium: 30.86mg (7.72%), Vitamin E: 1.12mg (7.44%), Vitamin B6: 0.14mg (6.93%), Calcium: 66.6mg (6.66%), Phosphorus: 63.69mg (6.37%), Vitamin B1: 0.09mg (6.33%), Copper: 0.1mg (4.92%), Vitamin B3: 0.97mg (4.83%), Vitamin B2: 0.07mg (4.07%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.49mg (3.26%), Selenium: 1.02µg (1.46%)