



HEALTH SCORE

100%

Roasted Winter Vegetable Baklava



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



4500 min.

SERVINGS



6

CALORIES



294 kcal

Ingredients

- ☐ 0.5 pound carrots sliced (3 medium)
- ☐ 0.3 cup optional: dill chopped
- ☐ 0.3 cup bread crumbs plain dry fine
- ☐ 2 medium fennel bulbs trimmed halved sliced lengthwise
- ☐ 0.8 cup olive oil divided
- ☐ 1 large onion halved sliced
- ☐ 0.8 pound parsnips sliced (3 medium)
- ☐ 12 inch sheets phyllo frozen thawed (17-by 12-inch)
- ☐ 2 ounces walnuts toasted

- ☐ 0.7 cup water
- ☐ 1 pound yukon gold potatoes

Equipment

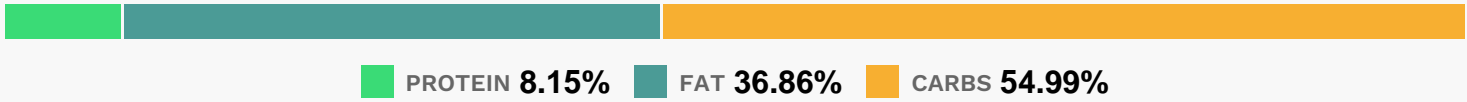
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 425°F with racks in upper and lower thirds.
- ☐ Pulse walnuts with bread crumbs in a food processor until nuts are finely chopped (not ground).
- ☐ Peel potatoes and slice 1/4 inch thick. Divide all vegetables between 2 large 4-sided sheet pans and toss each pan of vegetables with 3 tablespoons oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Roast vegetables, stirring and switching position of pans halfway through, until softened and golden brown in spots, 35 to 40 minutes. Leave oven on with 1 rack in middle.
- ☐ Add 1/3 cup water to each pan of vegetables and stir and scrape up brown bits from bottom. Chop 1/4 cup fennel fronds.
- ☐ Combine all vegetables in 1 pan and toss with fennel fronds and dill.
- ☐ Brush baking dish with some of remaining olive oil. Cover stack of phyllo sheets with plastic wrap and a damp kitchen towel. Keeping remaining phyllo covered and working quickly, place 1 sheet on a work surface, then gently brush with some oil and sprinkle with 2 rounded tablespoon walnut mixture.
- ☐ Place another phyllo sheet on top and repeat brushing and sprinkling. Top with a third sheet and brush with oil.
- ☐ Drape phyllo stack into one half of baking dish, gently pressing it into bottom and up side and leaving an overhang. Make another stack with 3 more phyllo sheets, more oil, and remaining walnut mixture. Drape into other half of dish (phyllo will overlap in center of dish).

- ☐
- Spoon vegetables into phyllo shell. Fold overhang toward center over filling (it will not cover vegetables) and brush edge with oil.
- ☐
- Brush remaining 2 sheets of phyllo with remaining oil, tear in half, crumple, and arrange on top of filling.
- ☐
- Bake in middle of oven until phyllo is deep golden brown, 20 to 25 minutes. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:54.6, Glycemic Load:17.85, Inflammation Score:-10, Nutrition Score:24.083913025649%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 294.04kcal (14.7%), Fat: 12.64g (19.45%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 33.12g (12.04%), Sugar: 9.76g (10.85%), Cholesterol: 0mg (0%), Sodium: 138.53mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Vitamin A: 6624.71IU (132.49%), Vitamin K: 72.2µg (68.76%), Manganese: 1.09mg (54.48%), Vitamin C: 40.31mg (48.87%), Fiber: 9.33g (37.32%), Potassium: 1084.85mg (31%), Folate: 105.54µg (26.38%), Vitamin B6: 0.46mg (22.77%), Copper: 0.4mg (20.14%), Phosphorus: 188.48mg (18.85%), Magnesium: 73.45mg (18.36%), Vitamin B1: 0.26mg (17.37%), Vitamin E: 2.41mg (16.07%), Iron: 2.52mg (13.98%), Vitamin B3: 2.75mg (13.73%), Calcium: 110.26mg (11.03%), Vitamin B5: 0.98mg (9.83%), Vitamin B2: 0.16mg (9.62%), Zinc: 1.25mg (8.34%), Selenium: 4.74µg (6.77%)