



## Roasted Winter Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 pounds butternut squash peeled seeded
- 1 pound carrots peeled
- 2 tablespoons flat-leaf parsley chopped
- 1.5 teaspoons kosher salt
- 3 tablespoons olive oil good
- 1 pound parsnips peeled
- 1 large sweet potatoes and into peeled

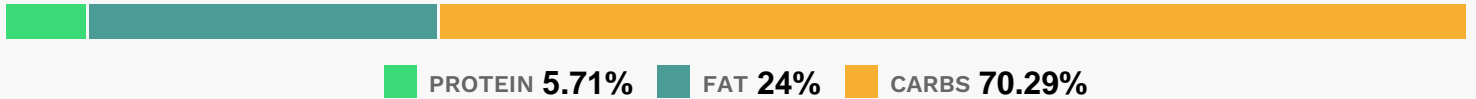
## Equipment

- baking sheet
- oven
- spatula

## Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.
- Place all the cut vegetables in a single layer on 2 baking sheets.
- Drizzle them with olive oil, salt, and pepper. Toss well.
- Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.
- Sprinkle with parsley, season to taste, and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:27.6, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:20.366086959839%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 200.43kcal (10.02%), Fat: 5.7g (8.77%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 29.61g (10.77%), Sugar: 9.69g (10.77%), Cholesterol: 0mg (0%), Sodium: 509.42mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin A: 27640.76IU (552.82%), Vitamin C:

39.15mg (47.45%), Vitamin K: 42.02µg (40.02%), Manganese: 0.76mg (37.8%), Fiber: 7.97g (31.89%), Potassium: 943.79mg (26.97%), Vitamin E: 3.73mg (24.85%), Folate: 85.59µg (21.4%), Vitamin B6: 0.39mg (19.7%), Magnesium: 73.15mg (18.29%), Vitamin B1: 0.24mg (15.73%), Vitamin B5: 1.29mg (12.94%), Vitamin B3: 2.57mg (12.83%), Copper: 0.24mg (12.14%), Phosphorus: 118.27mg (11.83%), Calcium: 108.56mg (10.86%), Iron: 1.66mg (9.25%), Vitamin B2: 0.11mg (6.53%), Zinc: 0.78mg (5.21%), Selenium: 1.91µg (2.73%)