



WHATSheATE



HEALTH SCORE

87%

Roasted Winter Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black



8 ounces brussels sprouts halved



1 pound carrots



1 sprig rosemary dried fresh or 1 tsp.



6 garlic cloves peeled smashed



0.5 teaspoon kosher salt



3 tablespoons olive oil



1 pound parsnips

☐ 10 oz pearl onions frozen thawed

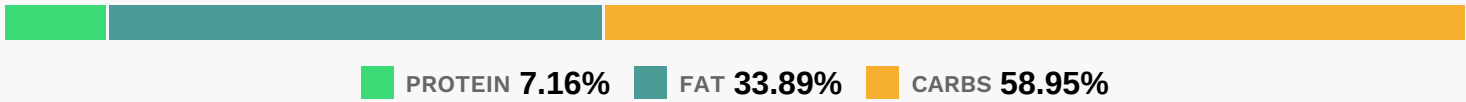
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 500F. Peel 1 lb. parsnips and 1 lb. carrots; cut into thick sticks. On a large, rimmed baking sheet lined with foil, combine parsnips and carrots with 1 (10 oz.) package frozen pearl onions (thawed), 8 oz. halved brussels sprouts and 6 smashed and peeled garlic cloves. Toss vegetables with leaves of 1 sprig fresh rosemary (or 1 tsp. dried), 3 Tbsp. olive oil, 1/2 tsp. kosher salt and 1/4 tsp. black pepper until coated.
- ☐ Spread vegetables evenly on a baking sheet. Roast until tender and browned on edges, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:36.64, Glycemic Load:9.43, Inflammation Score:-10, Nutrition Score:22.199130452198%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 189.43kcal (9.47%), Fat: 7.59g (11.67%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 21.54g (7.83%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 265.52mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin A: 12916.69IU (258.33%), Vitamin K: 98.48µg (93.79%), Vitamin C: 53.88mg (65.31%), Manganese: 0.78mg (39.06%), Fiber: 8.15g (32.59%), Folate: 97.17µg (24.29%), Potassium: 754.79mg (21.57%), Vitamin E: 2.98mg (19.86%), Vitamin B6: 0.35mg (17.47%), Vitamin B1:

0.2mg (13.22%), Phosphorus: 124.65mg (12.47%), Magnesium: 45.33mg (11.33%), Copper: 0.18mg (9%), Vitamin B5: 0.85mg (8.54%), Calcium: 84.95mg (8.49%), Vitamin B3: 1.63mg (8.15%), Iron: 1.4mg (7.79%), Vitamin B2: 0.13mg (7.76%), Zinc: 0.9mg (6.02%), Selenium: 2.71µg (3.87%)