



HEALTH SCORE

54%

Roasted Winter Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 small butternut squash peeled seeded cut into 1 1/2-inch pieces (2 cups)
- ☐ 3 large carrots cut into 1 1/2-inch pieces (3 cups)
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 2 large parsnips cut into 1 1/2-inch pieces (2 1/2 cups)
- ☐ 8 servings salt and pepper
- ☐ 1 large sweet potatoes and into peeled cut into 1 1/2-inch pieces (1 1/2 cups)

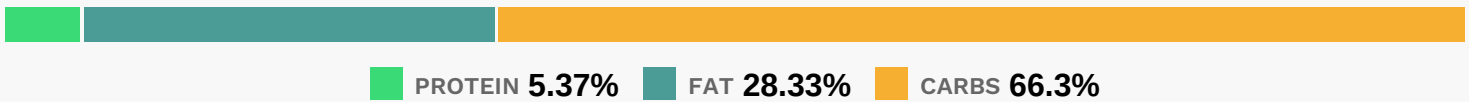
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425F; line 2 large baking sheets with foil.
- ☐ Combine carrots, parsnips, sweet potato and squash in a large bowl.
- ☐ Add olive oil, thyme, salt and pepper, and toss to coat.
- ☐ Divide vegetables between baking sheets and roast, stirring twice, until golden brown and tender, 35 to 40 minutes. Season with additional salt and pepper, if desired.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:25.23, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:16.018695551416%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 166.16kcal (8.31%), Fat: 5.56g (8.56%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 23.35g (8.49%), Sugar: 6.98g (7.75%), Cholesterol: 0mg (0%), Sodium: 243.6mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 20547.29IU (410.95%), Vitamin C: 30.29mg (36.71%), Manganese: 0.57mg (28.51%), Fiber: 5.93g (23.71%), Potassium: 710.36mg (20.3%), Vitamin E: 2.97mg (19.81%), Vitamin K: 17.24µg (16.42%), Vitamin B6: 0.31mg (15.42%), Folate: 61.47µg (15.37%), Magnesium: 58.38mg (14.6%), Vitamin B1: 0.18mg (12%), Vitamin B5: 1.02mg (10.25%), Copper: 0.2mg (9.77%), Vitamin B3: 1.91mg (9.57%), Phosphorus: 88.8mg (8.88%), Calcium: 84.33mg (8.43%), Iron: 1.41mg (7.83%), Vitamin B2: 0.08mg (4.93%), Zinc: 0.58mg (3.85%), Selenium: 1.45µg (2.07%)