



Root Vegetables Anna



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter divided melted ()
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1.3 pounds baking potatoes peeled cut into scant 1/8-inch-thick rounds (2 medium)
- ☐ 1 medium turnip peeled halved very thinly sliced ()

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

- ☐ spatula
- ☐ pot holder

Directions

- ☐ Spray 9 1/2-inch-diameter nonstick oven-proofskillet with vegetable oil spray; add 2tablespoons melted butter. Arrange halfof potato rounds in skillet, overlapping inconcentric circles.
- ☐ Sprinkle lightly with saltand pepper. Alternate celery root slices andturnip slices atop potatoes in overlappingconcentric circles.
- ☐ Sprinkle with rosemary,then lightly with salt and pepper.
- ☐ Drizzlewith 2 tablespoons melted butter. Top withremaining potato slices in overlappingconcentric circles.
- ☐ Sprinkle lightly with saltand pepper. Press with spatula to compact.
- ☐ Preheat oven to 400°F. Cook vegetablesover medium heat 5 minutes. Reduceheat to medium-low; cover and cook untilbottom layer is golden, about 25 minutes.Uncover and drizzle with 2 tablespoonsmelted butter.
- ☐ Transfer skillet to oven; bakeuncovered until vegetables are very tenderand golden, 20 to 25 minutes.
- ☐ Run small knife around vegetables toloosen from skillet.
- ☐ Place large platter atopskillet. Using pot holders, firmly hold skilletand platter together and invert vegetablesonto platter.
- ☐ Cut into wedges and serve.
- ☐ Use a V-slicer or amandoline to slice the vegetables.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:14.12, Inflammation Score:-3, Nutrition Score:5.138260886721%

Nutrients (% of daily need)

Calories: 180.75kcal (9.04%), Fat: 11.45g (17.62%), Saturated Fat: 7.22g (45.15%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 16.8g (6.11%), Sugar: 1.37g (1.52%), Cholesterol: 30.1mg (10.03%), Sodium: 108.37mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin B6: 0.34mg (17.24%), Potassium: 436.37mg (12.47%), Vitamin C: 9.66mg (11.71%), Manganese: 0.18mg (8.79%), Vitamin A: 351.29IU (7.03%), Fiber: 1.6g (6.39%), Phosphorus: 60.84mg (6.08%), Magnesium: 24.27mg (6.07%), Vitamin B1: 0.09mg (5.76%), Copper: 0.11mg (5.73%), Vitamin B3: 1.07mg (5.33%), Iron: 0.88mg (4.88%), Folate: 16.72µg (4.18%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 2.7µg (2.57%), Vitamin B2: 0.04mg (2.47%), Zinc: 0.34mg (2.28%), Vitamin E: 0.34mg (2.27%), Calcium: 21.8mg (2.18%)