



Root Veggie Casserole

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon butter
- ☐ 1 carrots thinly sliced
- ☐ 2 servings ground pepper black to taste
- ☐ 1 kohlrabi bulb cut into cubes
- ☐ 2 tablespoons miso paste
- ☐ 1 small onion diced
- ☐ 0.5 teaspoon parsley flakes

- ☐ 1 large portobello mushroom cut into chunks
- ☐ 1 large potatoes cut into cubes
- ☐ 0.3 teaspoon lawry's seasoned salt herbamare® such as
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cube vegetable bouillon low-sodium
- ☐ 0.5 cup water hot

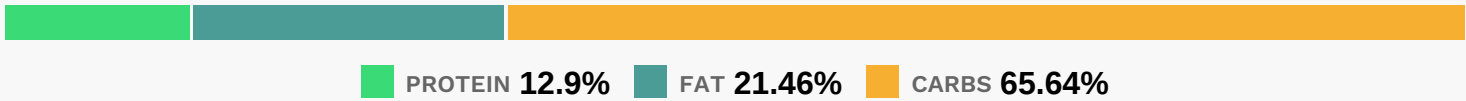
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Melt butter in a skillet over medium heat. Cook and stir onion in butter for 1 minute. Stir mushroom into onion; continue cooking and stirring until mushroom softens, about 3 minutes more.
- ☐ Pour soy sauce over mushroom mixture; cook for 1 minute and remove from heat.
- ☐ Pour hot water into a casserole dish. Stir bouillon in the hot water to dissolve.
- ☐ Mix potato, kohlrabi, and carrot in the bouillon mixture.
- ☐ Add mushroom mixture to potato mixture; stir. Top with bay leaf, parsley, seasoned salt, and black pepper. Stir again to evenly distribute seasoning.
- ☐ Divide miso into 4 portions; place atop vegetable mixture.
- ☐ Bake in the preheated oven for 20 minutes, stir, and continue cooking until vegetables are tender, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:190.29, Glycemic Load:27.83, Inflammation Score:-10, Nutrition Score:25.305652133797%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 287.8kcal (14.39%), Fat: 7.21g (11.1%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 39.85g (14.49%), Sugar: 8.58g (9.54%), Cholesterol: 15.05mg (5.02%), Sodium: 1625.49mg (70.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin A: 5320.92IU (106.42%), Vitamin C: 87.29mg (105.81%), Vitamin B6: 0.86mg (42.82%), Potassium: 1399.63mg (39.99%), Fiber: 9.79g (39.16%), Manganese: 0.72mg (35.78%), Copper: 0.54mg (26.93%), Vitamin B3: 4.99mg (24.95%), Phosphorus: 246.58mg (24.66%), Magnesium: 76.68mg (19.17%), Vitamin B1: 0.27mg (17.91%), Folate: 70.94µg (17.73%), Iron: 2.71mg (15.07%), Selenium: 10.44µg (14.91%), Vitamin B5: 1.38mg (13.75%), Vitamin K: 13.72µg (13.07%), Vitamin B2: 0.21mg (12.5%), Zinc: 1.4mg (9.36%), Calcium: 75.84mg (7.58%), Vitamin E: 0.76mg (5.08%)