



HEALTH SCORE

81%

Rosemary Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



598 kcal

SIDE DISH

Ingredients



2 garlic cloves minced



1.5 tablespoons olive oil



2 medium parsnips peeled



0.5 teaspoon pepper freshly ground



4 small potatoes red



1 tablespoons teaspoon rosemary dried fresh chopped



1 small rutabaga peeled



1 teaspoon salt

- ☐ 8 shallots peeled halved
- ☐ 2 medium turnips peeled

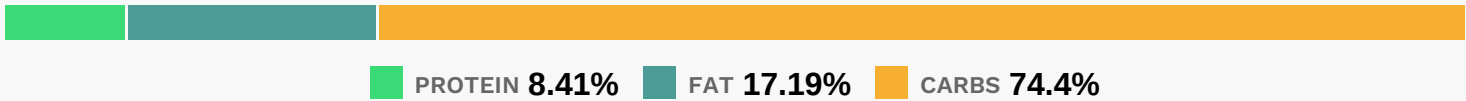
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut first 4 ingredients into 1/2-inch cubes.
- ☐ Combine vegetables, shallots, and next 5 ingredients in a large bowl, tossing to coat.
- ☐ Place vegetables on an aluminum foil-lined jellyroll pan coated with vegetable cooking spray.
- ☐ Bake at 425 for 1 hour or until browned, stirring every 20 minutes.
- ☐ Note: To roast vegetables with the Citrus-and-Herb Turkey, place vegetables around turkey, and bake at 325 for 1 hour and 45 minutes or until browned, stirring very 20 minutes.

Nutrition Facts



Properties

Glycemic Index:179.5, Glycemic Load:23.61, Inflammation Score:-9, Nutrition Score:39.874782697014%

Flavonoids

Apigenin: 3.71mg, Apigenin: 3.71mg, Apigenin: 3.71mg, Apigenin: 3.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.09mg, Myricetin: 2.09mg, Myricetin: 2.09mg, Myricetin: 2.09mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 597.78kcal (29.89%), Fat: 12g (18.46%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 116.82g (38.94%), Net Carbohydrates: 95.22g (34.63%), Sugar: 28.65g (31.83%), Cholesterol: 0mg (0%), Sodium: 1346.02mg (58.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Vitamin C: 114.76mg (139.1%), Manganese:

2.06mg (103.21%), Fiber: 21.59g (86.38%), Potassium: 3016.64mg (86.19%), Vitamin B6: 1.32mg (66.22%), Folate: 240.76µg (60.19%), Vitamin K: 53.14µg (50.61%), Phosphorus: 467.35mg (46.74%), Magnesium: 177.21mg (44.3%), Copper: 0.89mg (44.3%), Vitamin B1: 0.62mg (41.45%), Iron: 5.85mg (32.48%), Vitamin B3: 6.39mg (31.94%), Vitamin E: 4.23mg (28.18%), Vitamin B5: 2.59mg (25.91%), Calcium: 225.95mg (22.6%), Zinc: 3.07mg (20.48%), Vitamin B2: 0.29mg (16.85%), Selenium: 7.72µg (11.02%), Vitamin A: 64IU (1.28%)