



Scalloped Root Vegetables

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 baking potatoes
- ☐ 0.3 cup flour all-purpose
- ☐ 1 small onion chopped
- ☐ 4 parsnips
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 sweet potatoes
- ☐ 1 large oven cooking bag

☐ 3 cups whipping cream

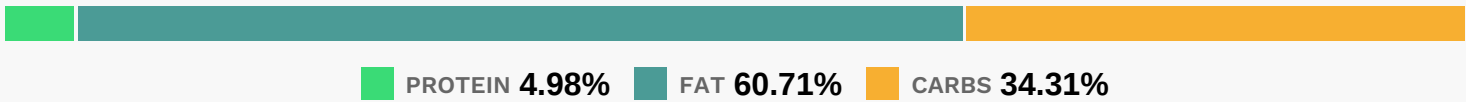
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place oven bag in a 13- x 9-inch baking dish.
- ☐ Add flour; twist end of bag, and shake to coat.
- ☐ Peel potatoes and parsnips, and cut into 1/4-inch-thick slices.
- ☐ Add vegetables, salt, and pepper to oven bag, and shake to coat.
- ☐ Add cream; squeeze bag to blend ingredients.
- ☐ Close oven bag with nylon tie; cut 6 (1/2-inch) slits in top of bag.
- ☐ Bake at 350 for 1 hour.
- ☐ Remove from oven, and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.09, Glycemic Load:20.82, Inflammation Score:-10, Nutrition Score:18.646956588911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 470.58kcal (23.53%), Fat: 32.58g (50.12%), Saturated Fat: 20.6g (128.77%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 34.92g (12.7%), Sugar: 9.4g (10.45%), Cholesterol: 100.85mg (33.62%), Sodium: 356.75mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.03%), Vitamin A: 9329.71IU

(186.59%), Manganese: 0.73mg (36.74%), Fiber: 6.5g (26.01%), Potassium: 808.21mg (23.09%), Vitamin C: 18.75mg (22.73%), Vitamin K: 22.73µg (21.64%), Vitamin B6: 0.42mg (20.79%), Folate: 78.02µg (19.5%), Phosphorus: 169.78mg (16.98%), Vitamin B2: 0.28mg (16.51%), Magnesium: 57.26mg (14.32%), Vitamin E: 2.13mg (14.23%), Vitamin B1: 0.21mg (14.02%), Vitamin B5: 1.34mg (13.36%), Copper: 0.26mg (12.78%), Calcium: 114.56mg (11.46%), Vitamin D: 1.43µg (9.52%), Iron: 1.58mg (8.75%), Selenium: 6.01µg (8.58%), Vitamin B3: 1.71mg (8.55%), Zinc: 1.04mg (6.94%), Vitamin B12: 0.14µg (2.38%)