



Sean's Mommy's Roasted Root Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



178 kcal

SIDE DISH

Ingredients

- 1 butternut squash peeled seeded cut into 1-inch dice
- 3 carrots cut into 1 inch pieces
- 0.3 cup olive oil extra virgin
- 10 servings salt and pepper to taste
- 3 parsnips cubed peeled
- 1 rutabaga peeled cut into 1-inch pieces
- 1 large sweet potatoes and into cut into 1-inch cubes
- 3 turnip peeled cut into 1-inch dice

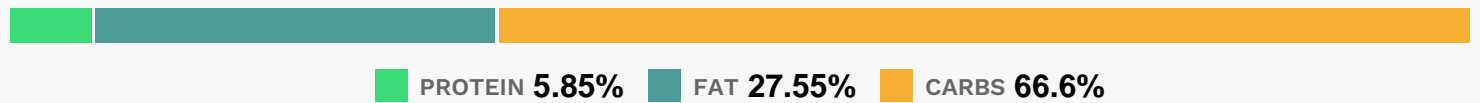
Equipment

- oven
- mixing bowl
- roasting pan

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Place the butternut squash, carrots, sweet potato, rutabaga, parsnips, and turnips into a large mixing bowl.
- Drizzle with olive oil, and toss to coat. Season to taste with kosher salt and pepper, and place the vegetables into a deep roasting pan.
- Roast in the preheated oven until the vegetables have lightly browned around the edges and are tender, about 45 minutes. Stir once as the vegetables roast to ensure even cooking.

Nutrition Facts



Properties

Glycemic Index:30.18, Glycemic Load:10.12, Inflammation Score:-10, Nutrition Score:17.6382608932%

Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 177.63kcal (8.88%), Fat: 5.77g (8.88%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 24.55g (8.93%), Sugar: 9.28g (10.31%), Cholesterol: 0mg (0%), Sodium: 262.03mg (11.39%), Alcohol: 0g (100%), Protein: 2.76g (5.52%), Vitamin A: 15854.05IU (317.08%), Vitamin C: 42.89mg (51.98%), Manganese: 0.63mg (31.29%), Fiber: 6.86g (27.43%), Potassium: 799.24mg (22.84%), Vitamin E: 2.89mg (19.24%), Folate: 72.22µg (18.05%), Vitamin K: 17.72µg (16.87%), Vitamin B6: 0.33mg (16.26%), Magnesium: 61.43mg (15.36%), Vitamin B1: 0.2mg (13.66%), Phosphorus: 110.49mg (11.05%), Copper: 0.21mg (10.65%), Vitamin B5: 1.04mg (10.36%), Vitamin B3: 2.01mg (10.06%), Calcium: 96.73mg (9.67%), Iron: 1.37mg (7.63%), Vitamin B2: 0.1mg (5.65%), Zinc: 0.72mg

(4.83%), Selenium: 1.96 μ g (2.8%)