



## Sherry-Roasted Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

### Ingredients

- 0.5 pound baby carrots
- 1 teaspoon thyme leaves dried
- 0.3 cup cooking sherry dry
- 1 cup fennel bulb thinly sliced ( 1 small bulb)
- 2 tablespoons olive oil
- 2 cups parsnips sliced ( )
- 4 potatoes red cut into 1/2-inch-thick wedges ( 1 pound)
- 1.5 teaspoons salt

- 0.5 pound shallots peeled
- 1 pound turnips peeled thinly sliced quartered

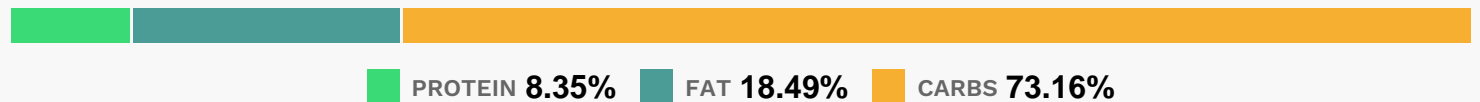
## Equipment

- bowl
- oven
- roasting pan

## Directions

- Preheat oven to 42
- Combine all ingredients except cooking spray in a large bowl; toss well to coat.
- Place vegetable mixture in a roasting pan coated with cooking spray.
- Bake at 425 for 1 hour and 15 minutes, turning vegetables occasionally.

## Nutrition Facts



## Properties

Glycemic Index:26.88, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:16.05956520205%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 186.5kcal (9.33%), Fat: 3.9g (6%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 28.16g (10.24%), Sugar: 9.21g (10.23%), Cholesterol: 0mg (0%), Sodium: 528.19mg (22.96%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 3.96g (7.93%), Vitamin A: 3937.31IU (78.75%), Vitamin C: 31.09mg (37.69%), Manganese: 0.58mg (28.92%), Potassium: 930.92mg (26.6%), Fiber: 6.57g (26.29%), Vitamin K: 24.63µg (23.45%), Vitamin B6: 0.4mg (19.96%), Folate: 70.6µg (17.65%), Copper: 0.29mg (14.65%), Phosphorus: 135.87mg (13.59%), Magnesium: 50.98mg (12.75%), Iron: 2.01mg (11.19%), Vitamin B1: 0.17mg (11.1%), Vitamin B3:

1.98mg (9.91%), Vitamin B5: 0.83mg (8.35%), Vitamin E: 1.11mg (7.41%), Calcium: 67.86mg (6.79%), Zinc: 0.9mg (6.01%), Vitamin B2: 0.09mg (5.15%), Selenium: 2.21µg (3.16%)