



WHATSheATE



Slow-Cooker Balsamic Root Veggies



Vegetarian



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 lb parsnips peeled cut into 2-inch pieces
- ☐ 16 oz baby carrots
- ☐ 2 medium onion white cut into wedges
- ☐ 1 lb sweet potatoes and into peeled cut into 2-inch pieces
- ☐ 0.5 lb potatoes – remove skin red cut into quarters
- ☐ 3 tablespoons savory vegetable
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon honey

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 serving parsley fresh chopped

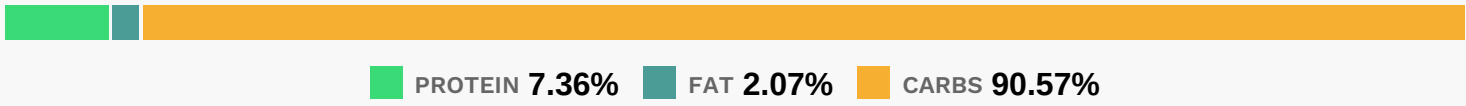
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Spray 6-quart slow cooker with cooking spray. In slow cooker, place parsnips and carrots. Top with onions, sweet potatoes and red potatoes.
- ☐ In a small bowl, mix oil, vinegar, honey, salt and pepper with whisk.
- ☐ Pour mixture evenly over vegetables.
- ☐ Cover; cook on High heat setting 4 hours or until vegetables are tender.
- ☐ Transfer vegetable mixture to serving dish; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:43.53, Glycemic Load:11.78, Inflammation Score:-10, Nutrition Score:16.053912981697%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 157.52kcal (7.88%), Fat: 0.38g (0.58%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 29.71g (10.8%), Sugar: 12.08g (13.42%), Cholesterol: 0mg (0%), Sodium: 381.9mg (16.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 16189.61IU (323.79%), Manganese: 0.66mg (33.16%), Fiber: 7.35g (29.39%), Vitamin K: 28.44µg (27.09%), Vitamin C: 18.2mg (22.06%), Potassium: 729.31mg (20.84%), Folate: 72.3µg (18.08%), Vitamin B6: 0.32mg (15.85%), Copper: 0.27mg (13.44%), Magnesium: 47.61mg (11.9%), Vitamin B5: 1.15mg (11.49%), Phosphorus: 112.67mg (11.27%), Vitamin B1: 0.16mg (10.35%), Iron: 1.59mg (8.82%), Vitamin B3: 1.47mg (7.33%), Calcium: 68.77mg (6.88%), Vitamin E: 1.01mg (6.7%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.78mg (5.22%), Selenium: 2.2µg (3.14%)