



WHATSheATE



Slow-Cooker Glazed Root Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



9

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 6 medium carrots
- ☐ 4 medium parsnips peeled
- ☐ 2 medium onion red cut into thin wedges
- ☐ 1 lb sweet potatoes and into peeled cut into 1-inch pieces (3 cups)
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 5 teaspoons thyme sprigs fresh chopped
- ☐ 1 teaspoon salt

- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon balsamic vinegar white

Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix carrots, parsnips and onions. Top with sweet potatoes.
- ☐ In small bowl, mix honey, oil, 2 teaspoons of the thyme, the salt and pepper.
- ☐ Pour over vegetables; stir to coat.
- ☐ Cover; cook on Low heat setting 4 to 5 hours or until vegetables are tender. Just before serving, add vinegar; stir gently.
- ☐ Sprinkle with the remaining 3 teaspoons thyme.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:14.71, Inflammation Score:-10, Nutrition Score:14.905652170596%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 159.46kcal (7.97%), Fat: 1.93g (2.97%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 28.49g (10.36%), Sugar: 14.39g (15.99%), Cholesterol: 0mg (0%), Sodium: 322.88mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 13997.79IU (279.96%), Manganese: 0.65mg (32.37%), Fiber: 6.64g (26.56%), Vitamin C: 18.94mg (22.96%), Vitamin K: 22.99µg (21.9%), Potassium:

607.94mg (17.37%), Folate: 64.73µg (16.18%), Vitamin B6: 0.26mg (12.93%), Vitamin E: 1.66mg (11.04%), Magnesium: 42.23mg (10.56%), Copper: 0.2mg (9.87%), Vitamin B5: 0.97mg (9.68%), Phosphorus: 95.89mg (9.59%), Vitamin B1: 0.14mg (9.34%), Calcium: 65.03mg (6.5%), Iron: 1.14mg (6.36%), Vitamin B3: 1.22mg (6.11%), Vitamin B2: 0.1mg (6.09%), Zinc: 0.74mg (4.9%), Selenium: 1.77µg (2.52%)