



HEALTH SCORE

57%

Smoke-Roasted Rustic Root Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 2 large carrots cut into 2-inch chunks
- ☐ 2 tablespoons parsley fresh chopped for garnish
- ☐ 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling
- ☐ 2 medium size baking potatoes unpeeled cut into 2-inch chunks
- ☐ 4 servings pepper black freshly ground fine
- ☐ 2 medium size sweet potatoes and into unpeeled cut into 2-inch chunks

Equipment

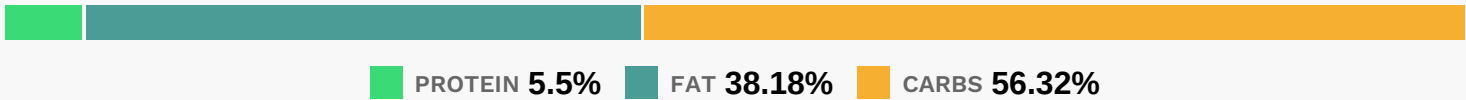
- ☐ frying pan

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Toss the vegetables with the olive oil and season with salt and pepper to taste.
- ☐ Place the mixture on an 8 x 12-inch piece of heavy-duty aluminum foil or in a disposable aluminum pan.
- ☐ Fill your charcoal chimney with briquets, set the chimney on the bottom grill grate, and light, or prepare a fire in your smoker. For a gas grill, turn half the burners to medium.
- ☐ When the coals are ready, dump them into the bottom of your grill, and spread them evenly across half. Scatter the wood chips on the hot coals or place them in a metal container as close as possible to a burner on a gas grill.
- ☐ Place the vegetables on the indirect-heat side. Close the lid.
- ☐ Smoke at 350°F for 45 to 60 minutes or until the potatoes are tender and the vegetables have a good, smoky aroma.
- ☐ Transfer the vegetables to a platter, drizzle with a little more olive oil if desired, and garnish with the chopped parsley.
- ☐ Suggested wood: Cherry, oak, or pecan
- ☐ Excerpt from 25 Essentials: Techniques for Smoking, by Ardie A. Davis, © 200
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Nutrition Facts



Properties

Glycemic Index:63.4, Glycemic Load:27.53, Inflammation Score:-10, Nutrition Score:17.836521734362%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.09mg, Quercetin: 0.09mg,

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Nutrients (% of daily need)

Calories: 316.39kcal (15.82%), Fat: 13.75g (21.15%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 39.75g (14.45%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 93.72mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin A: 22215.56IU (444.31%), Vitamin K: 49.79µg (47.42%), Vitamin B6: 0.66mg (32.77%), Potassium: 952.66mg (27.22%), Manganese: 0.53mg (26.31%), Fiber: 5.87g (23.5%), Vitamin E: 2.5mg (16.68%), Vitamin C: 13.57mg (16.44%), Copper: 0.3mg (15.04%), Magnesium: 58.24mg (14.56%), Vitamin B1: 0.2mg (13.4%), Vitamin B5: 1.33mg (13.32%), Phosphorus: 125.6mg (12.56%), Iron: 1.92mg (10.68%), Vitamin B3: 2.11mg (10.56%), Folate: 37.24µg (9.31%), Vitamin B2: 0.13mg (7.48%), Calcium: 62.96mg (6.3%), Zinc: 0.76mg (5.05%), Selenium: 1.15µg (1.64%)