



WHATSheATE



Sticky maple-glazed parsnips with pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 1 kg parsnips cut into long pointy batons
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 3 tbsp maple syrup
- ☐ 85 g pecan halves roughly chopped

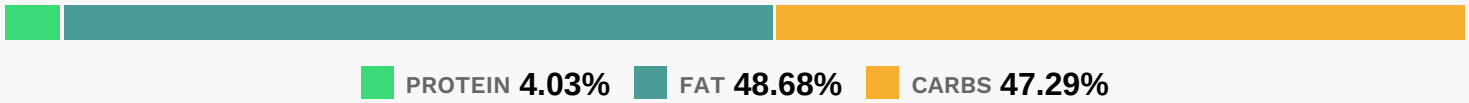
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ On a large baking tray, toss the parsnips with the oil and plenty of seasoning. Cook on a low shelf in the oven for 30 mins.
- ☐ Remove from oven, drizzle with maple syrup, scatter over the pecans and toss everything together. Cook for a further 5–10 mins until the parsnips start to caramelise and crisp up at the ends.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:10.4, Inflammation Score:-4, Nutrition Score:13.873913002727%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 233.83kcal (11.69%), Fat: 13.27g (20.42%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 21.87g (7.95%), Sugar: 10.92g (12.13%), Cholesterol: 0mg (0%), Sodium: 13.18mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Manganese: 1.35mg (67.53%), Fiber: 7.14g (28.58%), Vitamin E: 4.17mg (27.79%), Vitamin K: 28.78µg (27.41%), Vitamin C: 21.37mg (25.9%), Folate: 86.09µg (21.52%), Potassium: 529.19mg (15.12%), Copper: 0.28mg (13.88%), Magnesium: 50.68mg (12.67%), Vitamin B1: 0.19mg (12.51%), Phosphorus: 118.18mg (11.82%), Vitamin B2: 0.17mg (10.09%), Zinc: 1.27mg (8.48%), Vitamin B5: 0.84mg (8.42%), Vitamin B6: 0.13mg (6.74%), Calcium: 60.61mg (6.06%), Iron: 1.01mg (5.64%), Vitamin B3: 1.01mg (5.03%), Selenium: 2.65µg (3.79%)