



Warm pesto roast veg



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 parsnips sliced
- ☐ 2 onion red sliced
- ☐ 2 bell pepper red sliced
- ☐ 1 small butternut squash sliced
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 tbsp basil pesto canned (you can find it in the chiller cabinet)
- ☐ 100 g pkt spinach
- ☐ 2 tbsp pinenuts toasted

☐ 1 garlic clove crushed

Equipment

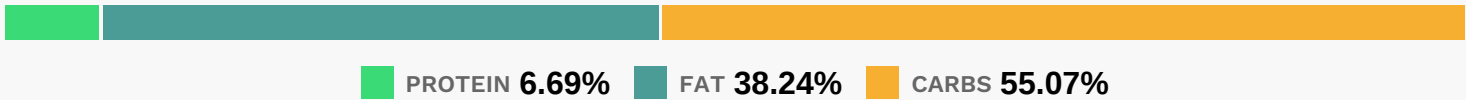
☐ bowl

☐ oven

Directions

- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Rub the sliced veg with the oil, garlic, salt and black pepper, then place in a roasting tin in an even layer. Roast for 30 mins until golden and soft.
- ☐ Allow to cool slightly, then tip into a large bowl.
- ☐ Mix with the basil pesto, spinach leaves and toasted pine nuts, then serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:9.98, Inflammation Score:-10, Nutrition Score:36.758695602417%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg

Nutrients (% of daily need)

Calories: 369.48kcal (18.47%), Fat: 16.84g (25.91%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 41.95g (15.25%), Sugar: 15.31g (17.01%), Cholesterol: 1.2mg (0.4%), Sodium: 183.93mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin A: 24443.46IU (488.87%), Vitamin C: 146.67mg (177.78%), Vitamin K: 155.19µg (147.8%), Manganese: 1.84mg (92.21%), Vitamin E: 9.23mg (61.56%), Folate: 216.55µg (54.14%), Fiber: 12.62g (50.49%), Potassium: 1474.14mg (42.12%), Magnesium: 142.59mg (35.65%), Vitamin B6: 0.7mg (34.76%), Vitamin B1: 0.39mg (25.92%), Phosphorus: 217.98mg (21.8%), Vitamin B3: 4.12mg (20.58%), Copper: 0.41mg (20.34%), Calcium: 199.72mg (19.97%), Iron: 3.42mg (19.02%), Vitamin B5: 1.74mg (17.4%), Vitamin B2: 0.22mg (12.97%), Zinc: 1.67mg (11.15%), Selenium: 3.76µg (5.37%)