



Ziti with Skillet-Roasted Root Vegetables

READY IN



50 min.

SERVINGS



4

CALORIES



873 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 cups golden beets peeled coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups parmesan cheese divided grated
- ☐ 2 cups parsnips peeled
- ☐ 2.5 cups onion red coarsely chopped
- ☐ 2 cups sweet potatoes and into peeled (yams)
- ☐ 1.7 cups vegetable stock divided ()

☐ 1 pound soup noodles

Equipment

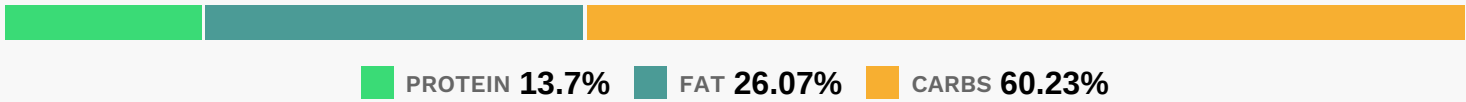
☐ frying pan

☐ pot

Directions

- ☐ Heat oil in large nonstick skillet over high heat.
- ☐ Add onion and all vegetables except beet greens; sauté until vegetables begin to soften and brown, 8 to 9 minutes.
- ☐ Add rosemary; stir 1 minute.
- ☐ Add 1 cup broth; bring to boil. Reduce heat to medium; sprinkle with salt and pepper. Cover skillet and cook until vegetables are tender, stirring occasionally, 15 to 18 minutes.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain. Return pasta to pot.
- ☐ Stir beet greens and butter into vegetables; add to pasta. Stir in 1 cup
- ☐ Parmesan and more vegetable broth by 1/3 cupfuls to moisten. Season with salt and pepper.
- ☐ Serve with remaining Parmesan.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:50.74, Inflammation Score:-10, Nutrition Score:35.466956594716%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 21.05mg, Quercetin: 21.05mg, Quercetin: 21.05mg, Quercetin: 21.05mg

Nutrients (% of daily need)

Calories: 872.51kcal (43.63%), Fat: 25.37g (39.03%), Saturated Fat: 10.81g (67.56%), Carbohydrates: 131.87g (43.96%), Net Carbohydrates: 119.31g (43.39%), Sugar: 18.7g (20.78%), Cholesterol: 47.67mg (15.89%), Sodium: 1200.27mg (52.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Vitamin A: 10181.28IU (203.63%), Selenium: 87.43µg (124.91%), Manganese: 1.97mg (98.66%), Phosphorus: 588.75mg (58.88%), Fiber: 12.56g (50.23%), Calcium: 436.42mg (43.64%), Folate: 168.41µg (42.1%), Magnesium: 135.37mg (33.84%), Potassium: 1167.45mg (33.36%), Copper: 0.61mg (30.72%), Vitamin C: 23.74mg (28.78%), Zinc: 4.23mg (28.22%), Vitamin B6: 0.56mg (27.88%), Vitamin K: 22.15µg (21.1%), Vitamin B1: 0.29mg (19.43%), Vitamin B2: 0.33mg (19.33%), Iron: 3.27mg (18.16%), Vitamin E: 2.7mg (17.98%), Vitamin B5: 1.78mg (17.82%), Vitamin B3: 3.14mg (15.72%), Vitamin B12: 0.52µg (8.64%), Vitamin D: 0.19µg (1.25%)