

# Maple Roasted Carrots and Parsnips

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/parsnips-recipe-indian>

## Ingredients:

- 1 pound carrots peeled, trimmed and cut into 3-inch pieces
- 1 pound parsnips peeled, trimmed and cut into 3-inch pieces
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 cup maple syrup

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 59 grams
3. Fat: 7 grams
4. Fiber: 9 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 390 milligrams
8. Sugar: 35 grams

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