

# Roasted Jerusalem Artichokes

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jerusalem-artichoke-recipe-for-thanksgiving>

## Ingredients:

- 1 pound jerusalem artichokes skin on, chopped into 1 inch pieces
- 2 tablespoons olive oil
- 1/4 teaspoon salt or to taste
- ground black pepper to taste
- 1/4 teaspoon garlic powder
- 1 tablespoon fresh parsley leaves finely minced, optional garnish

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 260 milligrams
8. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Roasted Jerusalem Artichokes above. You can see more 16+ jerusalem artichoke recipe for thanksgiving Get ready to indulge! to get more great cooking ideas.