

Maple-Glazed Root Vegetables

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-swedish-mixed-root-veggies-parsnips-turnips-carrots>

Ingredients:

- 1 butternut squash small, peeled, seeded, and diced
- 2 beets peeled and diced
- 2 carrots peeled and diced
- 2 parsnips peeled and diced
- extra-virgin olive oil for drizzling
- salt to taste
- 1/4 cup maple syrup
- 1 tablespoon ghee
- 1/2 teaspoon canela
- 1 pinch ground nutmeg

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 45 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 260 milligrams
8. Sugar: 22 grams

Thank you for visiting our website. Hope you enjoy Maple-Glazed Root Vegetables above. You can see more 18 recipe swedish mixed root veggies parsnips turnips carrots Dive into deliciousness! to get more great cooking ideas.