

Roasted Parsnips

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 pound parsnips peeled
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- black pepper to taste

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 22 grams
3. Fat: 3.5 grams
4. Fiber: 6 grams
5. Protein: 1 grams
6. Sodium: 600 milligrams
7. Sugar: 6 grams

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