

Harvest Vegetable Streusel

Publix Aprons - Simple Meals

Servings: 12

5 tablespoons unsalted butter
2 medium sweet potatoes
2 medium baking potatoes
2 large carrots
2 large parsnips
2 tablespoons canola oil
1/2 teaspoon Kosher salt
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper
(optional)
1 package (9 ounce) apple crisp mix
1/2 cup golden raisins

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

Cut the butter into small cubes. Place in a small bowl to soften.

Peel the potatoes, carrots and parsnips. Cut all into one-inch cubes and place in a medium bowl. Toss the vegetables with oil, salt, pepper and cayenne pepper. Transfer to a 13x9-inch baking dish.

Bake for 10 minutes.

Add the apple crisp mix to the butter. Blend with a fork until crumbly.

Remove the vegetables from the oven. Stir in the raisins and top with the crisp mixture.

Bake 20 to 25 more minutes or until the vegetables are tender and the topping has browned.

Serve.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 164 Calories; 7g Fat (38.7% calories from fat); 2g Protein; 24g Carbohydrate; 4g Dietary Fiber; 13mg Cholesterol; 92mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal): 164
% Calories from Fat: 38.7%
% Calories from Carbohydrates: 57.0%
% Calories from Protein: 4.4%
Total Fat (g): 7g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 13mg
Carbohydrate (g): 24g
Dietary Fiber (g): 4g
Protein (g): 2g
Sodium (mg): 92mg
Potassium (mg): 445mg
Calcium (mg): 29mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 19mg
Vitamin A (i.u.): 7906IU
Vitamin A (r.e.): 817RE

Vitamin B6 (mg): .2mg
Vitamin B12 (mcg): trace
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 34mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 164 **Calories from Fat:** 63

% Daily Values*

Total Fat 7g 11%
 Saturated Fat 3g 16%
Cholesterol 13mg 4%
Sodium 92mg 4%
Total Carbohydrates 24g 8%
 Dietary Fiber 4g 15%
Protein 2g

Vitamin A 158%
Vitamin C 31%
Calcium 3%
Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.