

All durations on the list assume you use a conventional oven preheated to 425-450° F (220-230°C).

No	Flour Type	Grams per cup	Ounces per cup
1	Acorn squash	Halved and seeded, place the side up cut on the baking sheet	50-60 minutes
2	Artichokes	Whole or halved	25-30 minutes
3	Artichokes (baby)	Trimmed, whole, or halved	20-30 minutes
4	Artichokes (jerusalem/sunchokes)	Peeled or scrubbed, cut into ¼" thick slices	30-40 minutes
5	Asparagus	Whole, trimmed	10-15 minutes
6	Asparagus	Trimmed / diced	10-15 minutes
7	Beans (green)	Trimmed	20-30 minutes
8	Beans (butter, Lima, pinto, etc)	Whole	25-45 minutes
9	Beets	Peeled & diced	30-45 minutes
10	Beets (small)	Whole, unpeeled, pricked with a fork, then peeled after roasting	50-60 minutes
11	Belgian endives	Halved	25-30 minutes
12	Bell peppers	Strips	10-20 minutes
13	Bok choy	Halved	15-20 minutes
14	Broccoli	Cut / florets, trim and peel stem	15-20 minutes
15	Brussel sprouts	Whole	35-40 minutes
16	Brussel sprouts	Trimmed, halved	20-25 minutes
17	Cabbage	Wedges	15-20 minutes
18	Carrots	Peeled, cut into ½" thick	15-20 minutes
19	Carrots	Cut into 1" or 2" thick	30-45 minutes
20	Carrots (baby)	Whole	20-30 minutes
21	Cauliflower	Whole	40-45 minutes
22	Cauliflower	1 ½" florets	20-30 minutes
23	Celery root / celeriac	Cut into cubes or large match-sticks	30-40 minutes
24	Chickpeas	Skin removed	20-30 minutes
25	Corn	On the cob, hunks removed	10-15 minutes
26	Corn (frozen)	Kernels	20-30 minutes
27	Edamame	Whole	50-60 minutes
28	Edamame	Shelled	10-15 minutes
29	Eggplant	½ inch thick	20-30 minutes
30	Eggplant	Halved, poke holes	50-60 minutes

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31	Eggplant	Cut into cubes	25-30 minutes
32	Fennel bulb	Diced / strips	30-45 minutes
33	Fennel	Trimmed and cut into 12 wedges	20-30 minutes
34	Garlic	Peeled and cut into thin slices	15-20 minutes
35	Kohlrabi (medium)	Whole	60-90 minutes
36	Kohlrabi	Peeled and cut into thick wedges	20-30 minutes
37	Leeks	Trimmed of the green tops, sliced	10-15 minutes
38	Mushrooms	Whole	20-25 minutes
39	Mushrooms (crimini)	Halved lengthwise	15-20 minutes
40	Mushrooms (king trumpet)	Cut lengthwise into ½" thick	15-20 minutes
41	Mushrooms (oyster)	Torn into strips	15-20 minutes
42	Mushrooms (portobella)	Cut lengthwise into ½" thick	15-20 minutes
43	Mushrooms (white button)	Halved lengthwise	15-20 minutes
44	Okra (small)	Whole, trimmed	10-15 minutes
45	Onion	Whole, trimmed ¼" off the top and bottom	60 minutes
46	Onion	Halved	30-45 minutes
47	Onion	Cut into 12 wedges	20-30 minutes
48	Onion (green, spring) / scallion	Trimmed, halved	15-20 minutes
49	Onion (pearl)	Whole	20-30 minutes
50	Onion (red)	Halved	20-30 minutes
51	Onion (yellow, large)	Each cut into 12 wedges or ¼" thick slices	20-30 minutes
52	Parsnips	Whole	60-90 minutes
53	Parsnips	Cut into 1" thick	30-45 minutes
54	Peas (Black-Eyed)	Whole	40-50 minutes
55	Peas (green)	Thawed from frozen	20-30 minutes
56	Peppers (red, green, orange)	Whole	30-40 minutes
57	Peppers (red, green, orange)	Strips or quarters	25-30 minutes
58	Potatoes	Whole	60-90 minutes
59	Potatoes	Diced into 2-in pieces	30-45 minutes
60	New potatoes	Scrubbed, unpeeled, halved	30-40 minutes
61	Potatoes (sweet)	Halved crosswise, then lengthwise into 1" wedges	20-30 minutes

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62	Potatoes (sweet)	Diced	30-45 minutes
63	Pumpkins	Halved / quartered	20-60 minutes
64	Radishes	Whole & trimmed	15-20 minutes
65	Radishes	Cut into quarters	15-20 minutes
66	Rutabaga	Peeled & diced	30-45 minutes
67	Scallion	Roots trimmed, halved	8-10 minutes
68	Shallots	Whole or halved	15-20 minutes
69	Squash (baby)	Halved	10-15 minutes
70	Squash (butternut)	Peeled, seede, quartered lengthwise, and cut into 1" pieces	30-40 minutes
71	Squash (butternut)	Halved	45-50 minutes
72	Squash (buttercup)	Peeled and cut into 1" chunks	10-15 minutes
73	Squash (spaghetti)	Halved	
74	Squash (summer)	Cut into ½" thick slices	10-15 minutes
75	Squash (winter)	Cut into 1/4"-1" thick pieces/ cubes	25-40 minutes
76	Squash (winter)	Halved	30-40 minutes
77	Tomatillos	Whole & husk removed	10-15 minutes
78	Tomatillos	Halved	10-15 minutes
79	Tomatoes	Whole	20-30 minutes
80	Tomatoes	Cut	15-20 minutes
81	Tomatoes (cherry, grape)	Whole	15-20 minutes
82	Tomatoes (cherry, grape)	Halved	15-20 minutes
83	Tomato (plum)	Whole	20-30 minutes
84	Turnips	Chopped / diced	30-45 minutes
85	Turnips	Peeled and cut into 6 wedges	45-50 minutes
86	Zucchini	Trimmed, cut in half crosswise, then each half quartered	15-20 minutes
87	Zucchini	Diced / strips	10-20 minutes