



Balsamic Roasted Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



116 kcal

SIDE DISH

Ingredients

- 8 ounce baby carrots
- 2 tablespoons balsamic vinegar
- 0.3 teaspoon ground pepper black
- 1 tablespoon olive oil
- 0.3 teaspoon salt

Equipment

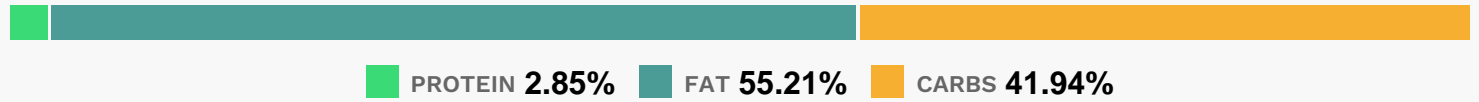
- frying pan
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a 9x13-inch baking pan with aluminum foil.
- Combine olive oil, salt, pepper, and carrots in a bag; toss to coat. I use the carrot bag.
- Pour the carrots into the prepared baking pan.
- Bake in the preheated oven until tender, about 30 minutes.
- Sprinkle the balsamic vinegar over the carrots; shake the pan to coat evenly. Return to oven and bake until the liquid is absorbed, 5 to 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:9.156956480897%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 116.28kcal (5.81%), Fat: 7.16g (11.01%), Saturated Fat: 1g (6.22%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 8.88g (3.23%), Sugar: 7.79g (8.66%), Cholesterol: 0mg (0%), Sodium: 383.01mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin A: 15638.96IU (312.78%), Vitamin K: 15.28µg (14.55%), Fiber: 3.35g (13.41%), Manganese: 0.22mg (11.24%), Potassium: 290.13mg (8.29%), Folate: 30.66µg (7.66%), Vitamin E: 1.01mg (6.74%), Iron: 1.19mg (6.61%), Copper: 0.12mg (6.06%), Vitamin B6: 0.12mg (5.99%), Vitamin B5: 0.46mg (4.58%), Calcium: 41.96mg (4.2%), Vitamin C: 2.95mg (3.57%), Phosphorus: 35.19mg (3.52%), Magnesium: 13.69mg (3.42%), Vitamin B3: 0.63mg (3.17%), Vitamin B2: 0.04mg (2.43%), Vitamin B1: 0.03mg (2.29%), Selenium: 1.03µg (1.48%), Zinc: 0.21mg (1.4%)