



 **71%**
HEALTH SCORE

Broccoli and Carrots with Oranges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- 1.5 cups baby carrots peeled halved lengthwise
- 6 cups broccoli florets
- 11 ounce mandarin orange segments drained canned
- 0.3 cup cashew pieces
- 0.3 cup orange marmalade spreadable fruit
- 0.5 teaspoon salt

Equipment

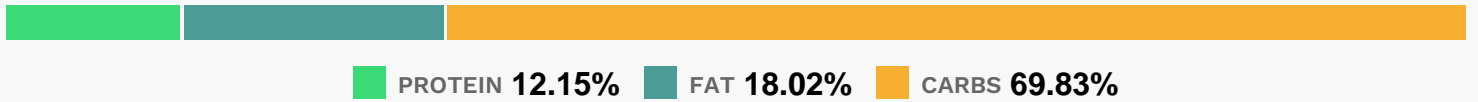
- baking sheet

- oven
- grill
- aluminum foil

Directions

- Preheat oven to 450 degrees F OR grill to medium-high.
- Combine orange marmalade and salt.
- Add broccoli and carrots; toss to coat.
- Center vegetable mixture on sheet of Reynolds Wrap® Aluminum Foil.
- Bring up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside.
- Bake 15 to 20 minutes on a cookie sheet in oven.
- OR grill 8 to 10 minutes in covered grill.
- Open packet, add oranges and stir.
- Sprinkle with cashews before serving.

Nutrition Facts



Properties

Glycemic Index:9.53, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:20.24869582964%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 124.41kcal (6.22%), Fat: 2.76g (4.24%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 19.84g (7.22%), Sugar: 15.68g (17.42%), Cholesterol: 0mg (0%), Sodium: 259.49mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin C: 100.29mg (121.56%), Vitamin A: 5669.9IU (113.4%), Vitamin K: 97.66µg (93.01%), Folate: 71.1µg (17.78%), Fiber: 4.19g (16.75%), Manganese: 0.33mg (16.58%), Potassium: 474.53mg (13.56%), Vitamin B6: 0.24mg (12.01%), Copper: 0.23mg (11.4%), Magnesium: 43.99mg (11%),

Phosphorus: 107.14mg (10.71%), Vitamin B1: 0.14mg (9.56%), Vitamin B2: 0.14mg (8.27%), Iron: 1.47mg (8.17%),
Vitamin B5: 0.7mg (6.98%), Zinc: 1.02mg (6.8%), Calcium: 66.42mg (6.64%), Vitamin E: 0.84mg (5.63%), Selenium:
3.92µg (5.6%), Vitamin B3: 1.05mg (5.27%)