



Caramelized Cumin-Roasted Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

Ingredients



12 carrots medium to large peeled



2 teaspoons kosher salt



1.5 teaspoons cumin seeds



2 tablespoons olive oil extra virgin extra-virgin

Equipment



bowl

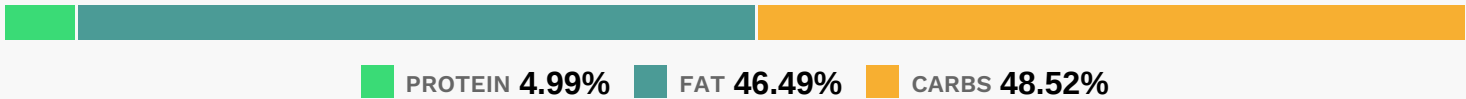


oven

Directions

- ☐ Preheat oven to 400°F. Spray large rimmedbaking sheet with nonstick spray.
- ☐ Combine carrots and all remainingingredients in large bowl; toss to coat.
- ☐ Spread in single layer on prepared bakingsheet. Roast carrots until tender and lightlycaramelized, turning carrots over once, 35to 40 minutes.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:8.64, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:9.9091304780348%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 93.15kcal (4.66%), Fat: 5.07g (7.8%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 8.44g (3.07%), Sugar: 5.79g (6.44%), Cholesterol: 0mg (0%), Sodium: 860.27mg (37.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin A: 20387.67IU (407.75%), Vitamin K: 18.94µg (18.04%), Fiber: 3.47g (13.87%), Potassium: 399.55mg (11.42%), Vitamin E: 1.49mg (9.96%), Manganese: 0.19mg (9.66%), Vitamin C: 7.24mg (8.77%), Vitamin B6: 0.17mg (8.53%), Vitamin B3: 1.22mg (6.11%), Folate: 23.23µg (5.81%), Vitamin B1: 0.08mg (5.58%), Calcium: 45.44mg (4.54%), Phosphorus: 45.19mg (4.52%), Vitamin B2: 0.07mg (4.26%), Magnesium: 16.49mg (4.12%), Iron: 0.73mg (4.06%), Vitamin B5: 0.33mg (3.33%), Copper: 0.06mg (2.99%), Zinc: 0.32mg (2.13%)