



Carrots Roasted with Smoked Paprika

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



72 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2.5 pounds carrots peeled halved lengthwise
- 2 tablespoons cilantro leaves fresh finely chopped
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 1.5 teaspoons paprika smoked spanish

Equipment

- bowl

frying pan

oven

Directions

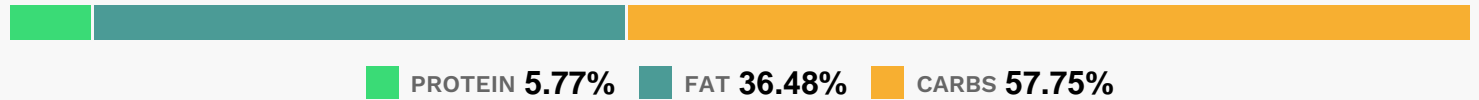
Place a jelly-roll pan on bottom oven rack. Preheat oven to 45

Combine first 5 ingredients in a large bowl; toss well. Arrange carrot mixture in a single layer on preheated pan.

Bake at 450 for 25 minutes or until tender, stirring after 12 minutes.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:9.4034782214009%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 72.36kcal (3.62%), Fat: 3.11g (4.79%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 7.78g (2.83%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 311.11mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin A: 19097.99IU (381.96%), Vitamin K: 17.31µg (16.48%), Fiber: 3.31g (13.23%), Potassium: 371.54mg (10.62%), Manganese: 0.18mg (9.03%), Vitamin E: 1.24mg (8.28%), Vitamin B6: 0.16mg (8.17%), Vitamin C: 6.71mg (8.14%), Vitamin B3: 1.15mg (5.73%), Folate: 21.76µg (5.44%), Vitamin B1: 0.08mg (5.07%), Vitamin B2: 0.07mg (4.1%), Phosphorus: 40.83mg (4.08%), Calcium: 38.78mg (3.88%), Magnesium: 14.34mg (3.58%), Vitamin B5: 0.32mg (3.19%), Copper: 0.05mg (2.74%), Iron: 0.43mg (2.4%), Zinc: 0.29mg (1.92%)