



Carrots with Gremolata

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

Ingredients

- 2 teaspoons lemon zest fresh finely grated
- 0.1 teaspoon pepper black
- 2 teaspoons garlic minced
- 0.5 teaspoon salt
- 0.3 cup parsley fresh finely chopped
- 2 tablespoons olive oil
- 2 pounds carrots peeled cut into 1/4-inch slices

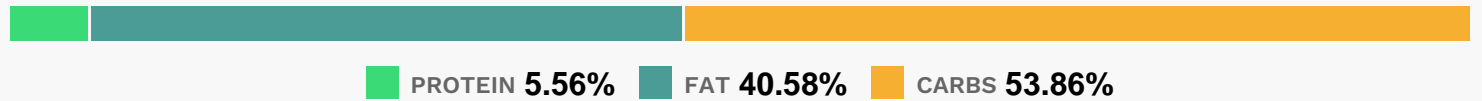
Equipment

bowl

Directions

- Steam carrots in a steamer set over boiling water, covered, until tender, 5 to 7 minutes.
- While carrots are steaming, toss together parsley, garlic, zest, salt, and pepper in a large bowl to make gremolata.
- Add hot carrots and oil to bowl and toss.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:13.175652221493%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 106.05kcal (5.3%), Fat: 5.06g (7.78%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 10.69g (3.89%), Sugar: 7.23g (8.03%), Cholesterol: 0mg (0%), Sodium: 299.83mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin A: 25470.3IU (509.41%), Vitamin K: 63.85µg (60.81%), Fiber: 4.42g (17.67%), Vitamin C: 13.42mg (16.26%), Potassium: 503.4mg (14.38%), Manganese: 0.24mg (12.14%), Vitamin E: 1.69mg (11.28%), Vitamin B6: 0.22mg (11.23%), Folate: 32.65µg (8.16%), Vitamin B3: 1.53mg (7.65%), Vitamin B1: 0.1mg (6.96%), Calcium: 56.4mg (5.64%), Phosphorus: 56.04mg (5.6%), Vitamin B2: 0.09mg (5.4%), Magnesium: 19.82mg (4.95%), Vitamin B5: 0.43mg (4.31%), Copper: 0.08mg (3.8%), Iron: 0.66mg (3.68%), Zinc: 0.4mg (2.69%)