



## Carrots with Pine Nuts and Basil

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

### Ingredients

- 2 tablespoons thin- basil leaves
- 1 pound carrots grated peeled
- 1.3 teaspoons juice of lemon
- 1.5 tablespoons olive oil
- 0.3 cup pinenuts
- 0.3 teaspoon salt

### Equipment

- frying pan

oven

pot

## Directions

In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast the pine nuts in a 350 oven for 5 to 10 minutes.

Let cool.

In a large pot of boiling water, cook the carrots for just 30 seconds.

Drain the carrots, rinse with cold water, and drain thoroughly. Toss the carrots with the lemon juice, salt, oil, pine nuts, and basil.

## Nutrition Facts

 **PROTEIN 5.65%** **FAT 63.93%** **CARBS 30.42%**

## Properties

Glycemic Index:29.21, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:13.056956519251%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 150.26kcal (7.51%), Fat: 11.3g (17.39%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 8.6g (3.13%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 223.92mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin A: 18999.58IU (379.99%), Manganese: 0.92mg (45.84%), Vitamin K: 26.83µg (25.55%), Vitamin E: 2.3mg (15.35%), Fiber: 3.51g (14.03%), Potassium: 417.89mg (11.94%), Vitamin C: 7.54mg (9.14%), Phosphorus: 88.89mg (8.89%), Magnesium: 35.52mg (8.88%), Vitamin B6: 0.17mg (8.33%), Copper: 0.17mg (8.33%), Vitamin B3: 1.5mg (7.48%), Vitamin B1: 0.11mg (7.08%), Folate: 25.41µg (6.35%), Zinc: 0.83mg (5.5%), Vitamin B2: 0.09mg (5.05%), Iron: 0.87mg (4.84%), Calcium: 40.78mg (4.08%), Vitamin B5: 0.34mg (3.4%)