



Chef John's Five-Spice Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon five-spice powder chinese
- 7 large carrots peeled cut in half lengthwise
- 6 servings salt to taste
- 2 tablespoons vegetable oil

Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut halved carrots in half again crosswise on the diagonal.
- Place carrots into a 2-quart baking dish and drizzle with vegetable oil; sprinkle with 5-spice powder and salt to taste. Toss lightly to coat carrots with oil and seasoning. Arrange carrots into an even layer.
- Roast carrots in the preheated oven for 15 minutes; check for tenderness and stir if desired. Continue roasting until tender, 15 to 20 more minutes.

Nutrition Facts

 **PROTEIN 4.24%**  **FAT 54.34%**  **CARBS 41.42%**

Properties

Glycemic Index:8.64, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:8.3560869752065%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 75.64kcal (3.78%), Fat: 4.79g (7.37%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 5.81g (2.11%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 251.8mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin A: 14034.08IU (280.68%), Vitamin K: 19.42µg (18.5%), Fiber: 2.4g (9.6%), Potassium: 273.64mg (7.82%), Manganese: 0.13mg (6.41%), Vitamin E: 0.93mg (6.17%), Vitamin C: 5.03mg (6.09%), Vitamin B6: 0.12mg (5.9%), Vitamin B3: 0.84mg (4.18%), Folate: 15.99µg (4%), Vitamin B1: 0.06mg (3.77%), Phosphorus: 30.87mg (3.09%), Calcium: 29.99mg (3%), Vitamin B2: 0.05mg (2.92%), Magnesium: 10.65mg (2.66%), Vitamin B5: 0.23mg (2.32%), Iron: 0.38mg (2.1%), Copper: 0.04mg (2.05%), Zinc: 0.22mg (1.47%)