



Citrus-Herb Roasted Baby Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots halved
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 5 tablespoons orange juice fresh divided
- ☐ 0.1 teaspoon salt

Equipment

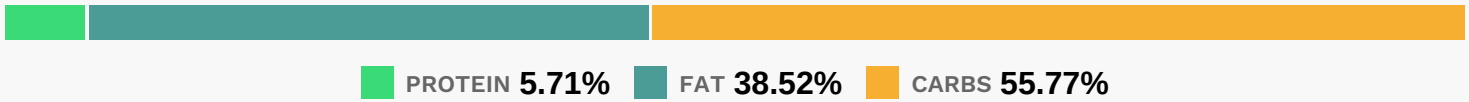
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Whisk together oil and 3 tablespoons orange juice in a medium bowl.
- ☐ Add baby carrots, tossing to coat.
- ☐ Pour carrots and orange juice mixture onto a rimmed baking sheet; bake 20 to 30 minutes.
- ☐ Toss carrots with tarragon, salt, and remaining 2 tablespoons orange juice.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:10.582608694616%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 85.35kcal (4.27%), Fat: 3.82g (5.87%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 8.97g (3.26%), Sugar: 7.18g (7.98%), Cholesterol: 0mg (0%), Sodium: 162.49mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin A: 15753.6IU (315.07%), Vitamin C: 14.45mg (17.51%), Manganese: 0.31mg (15.69%), Fiber: 3.46g (13.84%), Vitamin K: 12.79µg (12.18%), Folate: 41.79µg (10.45%), Potassium: 364.15mg (10.4%), Iron: 1.64mg (9.1%), Vitamin B6: 0.17mg (8.49%), Copper: 0.13mg (6.73%), Calcium: 58.64mg (5.86%), Vitamin B5: 0.5mg (4.95%), Magnesium: 19.75mg (4.94%), Vitamin B3: 0.87mg (4.36%), Vitamin B2: 0.07mg (4.15%), Phosphorus: 40.84mg (4.08%), Vitamin B1: 0.06mg (3.84%), Vitamin E: 0.51mg (3.42%), Zinc: 0.27mg (1.81%), Selenium: 1.12µg (1.6%)