



WHATSheATE



Honey Roasted Carrots



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients



8 carrots peeled



4 servings salt and ground pepper black to taste



0.3 cup honey



3 tablespoons olive oil

Equipment



oven

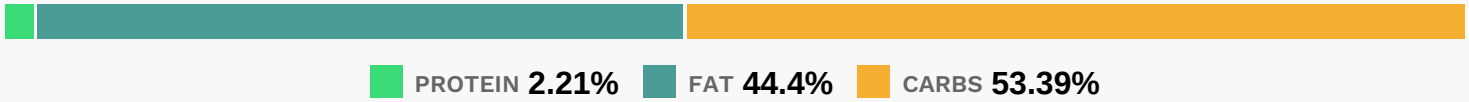


baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the whole carrots into a baking dish, and drizzle with olive oil.
- ☐ Mix until the carrots are completely covered with olive oil.
- ☐ Pour on the honey, then season to taste with salt and pepper; mix until evenly coated.
- ☐ Bake in the preheated oven until just tender, or cooked to your desired degree of doneness, 40 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:32.78, Glycemic Load:12.99, Inflammation Score:-10, Nutrition Score:10.299565249163%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 207.5kcal (10.38%), Fat: 10.8g (16.61%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 25.73g (9.36%), Sugar: 23.18g (25.75%), Cholesterol: 0mg (0%), Sodium: 85.26mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin A: 20381.87IU (407.64%), Vitamin K: 22.59µg (21.51%), Vitamin E: 2.32mg (15.45%), Fiber: 3.48g (13.93%), Potassium: 402.85mg (11.51%), Manganese: 0.2mg (10.21%), Vitamin C: 7.3mg (8.85%), Vitamin B6: 0.17mg (8.69%), Vitamin B3: 1.23mg (6.13%), Folate: 23.62µg (5.91%), Vitamin B1: 0.08mg (5.38%), Vitamin B2: 0.08mg (4.65%), Phosphorus: 43.71mg (4.37%), Calcium: 42.08mg (4.21%), Magnesium: 15.23mg (3.81%), Vitamin B5: 0.35mg (3.49%), Copper: 0.06mg (3.19%), Iron: 0.52mg (2.91%), Zinc: 0.34mg (2.27%)