



Maple & pecan carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 kg carrots quartered
- ☐ 1 tbsp olive oil
- ☐ 4 tbsp maple syrup
- ☐ 25 g pecans chopped

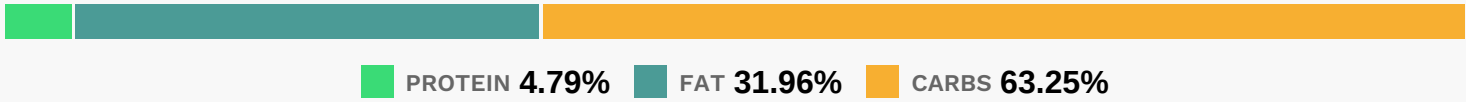
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ You can do this while the turkey is resting.
- ☐ Place the carrots on a large baking tray, toss with the oil and plenty of salt, then spread out in an even layer. Cover with foil and roast for 10 mins, then remove the foil and cook for 20 mins more.
- ☐ Drizzle with the syrup and scatter over the nuts, then return to the oven for a final 10 mins until the carrots are soft and golden and the pecans toasted.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:11.294347735851%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 115.31kcal (5.77%), Fat: 4.3g (6.62%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 15.35g (5.58%), Sugar: 12.04g (13.38%), Cholesterol: 0mg (0%), Sodium: 87.18mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin A: 20884.25IU (417.68%), Manganese: 0.55mg (27.47%), Vitamin K: 17.66µg (16.82%), Fiber: 3.8g (15.2%), Potassium: 435.33mg (12.44%), Vitamin B2: 0.2mg (11.97%), Vitamin C: 7.41mg (8.98%), Vitamin B6: 0.18mg (8.95%), Vitamin E: 1.12mg (7.47%), Vitamin B1: 0.11mg (7.32%), Vitamin B3: 1.27mg (6.37%), Folate: 24.44µg (6.11%), Calcium: 54.35mg (5.44%), Phosphorus: 52.41mg (5.24%), Magnesium: 20.88mg (5.22%), Copper: 0.09mg (4.69%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.51mg (3.41%), Iron: 0.47mg (2.64%)