



WHATSheATE



Moroccan-Spiced Baby Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients



12 ounces baby carrots peeled



1 tablespoon cilantro leaves fresh chopped



0.5 teaspoon ground cinnamon



1 teaspoon ground cumin



0.3 teaspoon ground pepper red



0.3 teaspoon kosher salt



1 optional: lemon cut into 8 wedges



2 tablespoons olive oil extra-virgin

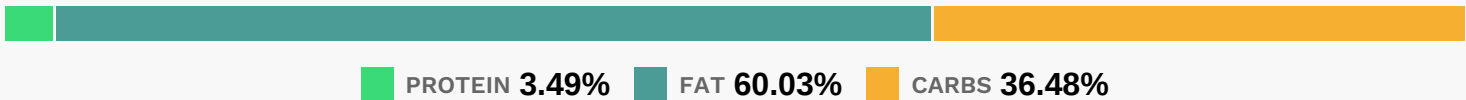
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 3 ingredients in a medium bowl; sprinkle with cumin, cinnamon, salt, and pepper, tossing to coat carrots. Arrange carrot mixture in a single layer on a jelly-roll pan.
- ☐ Bake at 450 for 13 minutes, turning once.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:9.5756521432296%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 102.39kcal (5.12%), Fat: 7.33g (11.27%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 213.31mg (9.27%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin A: 11799.99IU (236%), Vitamin C: 16.69mg (20.23%), Fiber: 3.44g (13.78%), Vitamin K: 12.72µg (12.12%), Manganese: 0.2mg (10.01%), Vitamin E: 1.11mg (7.4%), Iron: 1.32mg (7.35%), Potassium: 251.98mg (7.2%), Folate: 26.19µg (6.55%), Vitamin B6: 0.12mg (5.83%), Copper: 0.1mg (5.05%), Calcium: 41.81mg (4.18%), Vitamin B5: 0.39mg (3.94%), Magnesium: 12.86mg (3.22%), Phosphorus: 31.2mg (3.12%), Vitamin B3: 0.54mg (2.69%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.04mg (2.3%), Selenium: 0.92µg (1.31%),

Zinc: 0.19mg (1.29%)