



Orange-Roasted Baby Carrots with Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds slender baby carrots trimmed scrubbed
- ☐ 1.5 tablespoons honey
- ☐ 2 tablespoons olive oil plus additional extra-virgin for drizzling
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange peel packed finely grated ()
- ☐ 4 servings maldon sea salt

Equipment

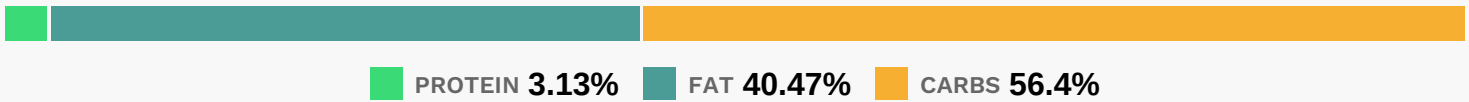
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Arrange carrots in single layer on rimmed baking sheet.
- ☐ Add 2 tablespoons olive oil and orange peel; sprinkle with salt and pepper and toss.
- ☐ Pour orange juice over; cover tightly with foil. Roast until crisp–tender, about 10 minutes.
- ☐ Remove foil. Increase oven to 450°F.
- ☐ Drizzle honey over carrots. Roast uncovered until carrots are tender and browned in spots, about 10 minutes longer.
- ☐ Transfer carrots and any juices to platter.
- ☐ Drizzle lightly with additional olive oil.
- ☐ Sprinkle with fleur de sel.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:11.895217377207%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 155.14kcal (7.76%), Fat: 7.26g (11.17%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 17.74g (6.45%), Sugar: 16.3g (18.11%), Cholesterol: 0mg (0%), Sodium: 327.14mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin A: 23499.83IU (470%), Fiber: 5.04g (20.17%), Vitamin K: 20.22µg (19.26%), Vitamin C: 15.48mg (18.76%), Manganese: 0.27mg (13.33%), Folate: 52.43µg (13.11%), Potassium: 449.73mg (12.85%), Vitamin B6: 0.19mg (9.48%), Copper: 0.18mg (9.13%), Iron: 1.63mg (9.07%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 1.02mg (6.78%), Calcium: 58.17mg (5.82%), Vitamin B3: 1.04mg (5.21%), Phosphorus:

51.56mg (5.16%), Magnesium: 19.56mg (4.89%), Vitamin B1: 0.07mg (4.68%), Vitamin B2: 0.07mg (4.17%), Selenium: 1.62µg (2.31%), Zinc: 0.32mg (2.12%)