



WHATSheATE



Oven-roasted Potatoes and Carrots with Thyme



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 tablespoon butter
- ☐ 2 pounds carrots peeled halved lengthwise halved
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds baby yukon gold potatoes scrubbed halved lengthwise (see Notes)

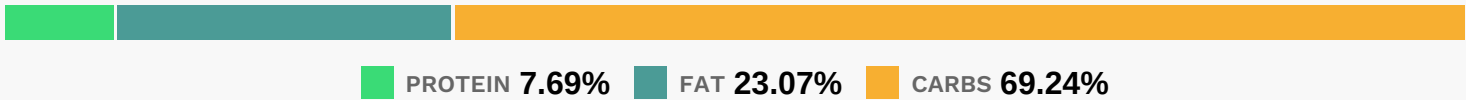
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 40
- ☐ Bring a large pot of water to a boil over high heat and add potatoes. Boil potatoes until barely tender when pricked with a fork, about 5 minutes, then drain them completely and spread in a single layer on a large rimmed baking sheet.
- ☐ Add carrots, drizzle vegetables with olive oil, season generously with salt and pepper, and gently toss to coat evenly.
- ☐ Bake, stirring occasionally, until potatoes are golden brown, about 20 minutes.
- ☐ Transfer vegetables to a large bowl and add thyme and butter; gently toss to coat evenly.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.93, Glycemic Load:24.27, Inflammation Score:-10, Nutrition Score:19.071304296589%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 230.81kcal (11.54%), Fat: 6.16g (9.47%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 33.65g (12.24%), Sugar: 8.35g (9.28%), Cholesterol: 2.51mg (0.84%), Sodium: 315.03mg (13.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Vitamin A: 25402.99IU (508.06%), Vitamin C: 42.44mg (51.45%), Vitamin B6: 0.66mg (33.17%), Potassium: 1137.16mg (32.49%), Fiber: 7.93g (31.71%), Manganese: 0.51mg (25.47%), Vitamin K: 25.99µg (24.76%), Vitamin B3: 3.12mg (15.62%), Vitamin B1: 0.22mg (14.81%), Magnesium: 56.97mg (14.24%), Phosphorus: 142.12mg (14.21%), Folate: 54.03µg (13.51%), Copper: 0.25mg (12.33%), Iron: 2.08mg (11.58%), Vitamin E: 1.71mg (11.43%), Vitamin B5: 0.87mg (8.73%), Vitamin B2: 0.15mg (8.69%), Calcium: 78.67mg (7.87%), Zinc: 0.85mg (5.65%)