



 **67%**
HEALTH SCORE

Pan-Roasted Carrots with Mint and Parsley Gremolata

 Vegetarian  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- 1.5 pounds carrots halved lengthwise
- 4 servings kosher salt and pepper black freshly ground
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon zest finely grated
- 0.5 cup chicken broth low-sodium
- 0.3 cup mint leaves chopped
- 4 teaspoons olive oil

0.3 cup parsley chopped

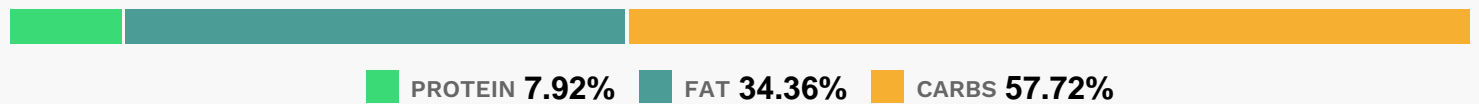
Equipment

frying pan

Directions

- Place the carrots, broth and 1 teaspoon of the oil in a large skillet and bring to a boil over medium-high heat. Cover, reduce the heat to medium and continue to cook until the carrots are tender, 12 to 14 minutes. Uncover and cook, stirring, until the liquid has evaporated and the carrots are lightly browned, another 2 to 3 minutes. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Meanwhile, combine the mint, parsley, juice, zest and remaining 3 teaspoons oil in a small dish.
- Sprinkle with salt and pepper. Toss the warm carrots with the herb mixture.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:5.45, Inflammation Score:-10, Nutrition Score:15.518261049105%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 114.06kcal (5.7%), Fat: 4.65g (7.16%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 12.41g (4.51%), Sugar: 8.21g (9.12%), Cholesterol: 0mg (0%), Sodium: 129.33mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin A: 28852.63IU (577.05%), Vitamin K: 86.52µg (82.4%), Vitamin C: 17.21mg (20.86%), Fiber: 5.17g (20.68%), Potassium: 610.8mg (17.45%), Manganese: 0.3mg (14.77%), Vitamin B6: 0.25mg (12.33%), Vitamin E: 1.73mg (11.55%), Vitamin B3: 2.18mg (10.89%), Folate: 41.77µg (10.44%), Vitamin B1: 0.12mg (7.91%), Phosphorus: 73mg (7.3%), Calcium: 70.29mg (7.03%), Vitamin B2: 0.12mg (7.02%), Magnesium: 25.19mg (6.3%), Iron: 0.98mg (5.47%), Copper: 0.11mg (5.42%), Vitamin B5: 0.49mg (4.94%),

Zinc: 0.51mg (3.41%)