



Pan-Roasted Sesame Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound carrots peeled
- ☐ 1 bunch spring onion trimmed
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 6 servings roasted chicken with chinese star anise–orange brine
- ☐ 2 teaspoons sesame oil toasted
- ☐ 2 teaspoons sesame seed toasted
- ☐ 0.8 pound sugar snap peas

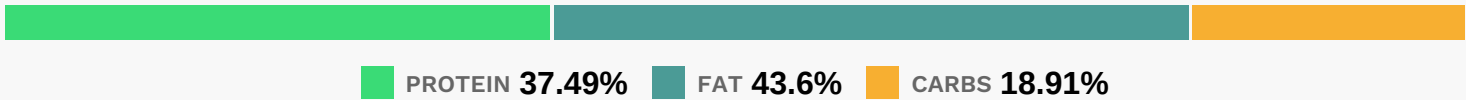
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put onions and snap peas in a bowl and carrots in another. Toss each with half the peanut oil and sesame seeds.
- ☐ Add carrots to pan of chicken when chicken has about 10 minutes left to cook.
- ☐ Tip juices out of chicken into pan, then transfer chicken to a platter. Increase oven to 500, toss snap peas and onions with carrots and pan juices, and roast until tender-crisp, about 5 minutes. Toss vegetables with sesame oil.

Nutrition Facts



Properties

Glycemic Index:18.97, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:20.069999922877%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 254.9kcal (12.74%), Fat: 12.27g (18.88%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 8.2g (2.98%), Sugar: 5.95g (6.61%), Cholesterol: 63.75mg (21.25%), Sodium: 118.89mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.48%), Vitamin A: 13320.63IU (266.41%), Vitamin C: 39.23mg (47.55%), Vitamin B3: 7.83mg (39.17%), Vitamin K: 32.65µg (31.09%), Selenium: 21.64µg (30.91%), Vitamin B6: 0.55mg (27.56%), Phosphorus: 225.38mg (22.54%), Potassium: 564.12mg (16.12%), Fiber: 3.77g (15.09%), Vitamin B5: 1.46mg (14.61%), Iron: 2.59mg (14.4%), Manganese: 0.28mg (14.19%), Vitamin B1: 0.2mg (13.01%), Vitamin B2: 0.22mg (12.88%), Folate: 45.63µg (11.41%), Zinc: 1.69mg (11.3%), Magnesium: 43.67mg (10.92%), Vitamin E: 1.5mg (9.97%), Copper: 0.16mg (7.89%), Calcium: 68.91mg (6.89%), Vitamin B12: 0.25µg (4.11%)