



Potato-and-Carrot Amandine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 16 oz baby carrots
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 lb potatoes – remove skin red quartered
- ☐ 1 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted

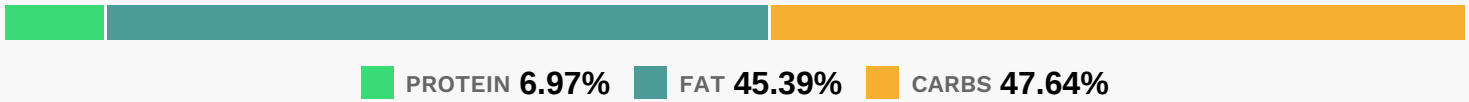
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place potatoes and carrots in a single layer on a 15- x 10-inch jelly-roll pan.
- ☐ Drizzle with 3 Tbsp. olive oil, tossing to coat; sprinkle evenly with salt and pepper.
- ☐ Bake at 400 for 45 to 50 minutes or until vegetables are tender and lightly browned, stirring once.
- ☐ Transfer vegetables to a serving bowl; stir in almonds, parsley, and, if desired, lemon juice. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:14.029565204745%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 181.44kcal (9.07%), Fat: 9.49g (14.6%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 17.97g (6.53%), Sugar: 5.03g (5.58%), Cholesterol: 0mg (0%), Sodium: 464.52mg (20.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin A: 10544.96IU (210.9%), Vitamin K: 36.2µg (34.48%), Manganese: 0.37mg (18.73%), Potassium: 651.87mg (18.62%), Fiber: 4.45g (17.79%), Vitamin E: 2.18mg (14.54%), Vitamin C: 11.87mg (14.38%), Copper: 0.25mg (12.65%), Vitamin B6: 0.25mg (12.39%), Magnesium: 41.46mg (10.37%), Folate: 41.46µg (10.36%), Phosphorus: 101.49mg (10.15%), Iron: 1.67mg (9.28%), Vitamin B3:

1.69mg (8.44%), Vitamin B1: 0.11mg (7.32%), Vitamin B2: 0.11mg (6.44%), Vitamin B5: 0.6mg (5.96%), Calcium: 48.63mg (4.86%), Zinc: 0.6mg (3.99%), Selenium: 1.35µg (1.93%)