



Quick and Easy Baked Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



43 kcal

SIDE DISH

Ingredients



1 bunch carrots trimmed



1 teaspoon ground cinnamon



1 teaspoon ground nutmeg



1 teaspoon sugar white

Equipment



oven

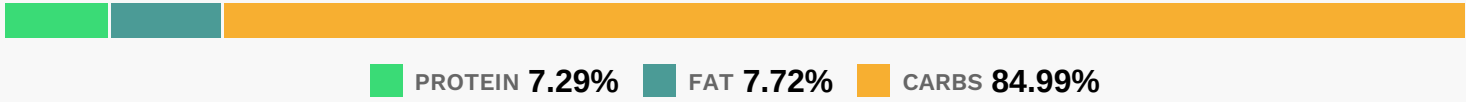


baking pan

Directions

- ☐
- Preheat oven to 425 degrees F (220 degrees C).
- ☐
- Arrange carrots in a shallow baking dish. Spray with cooking spray and sprinkle with nutmeg, cinnamon, and sugar.
- ☐
- Bake in preheated oven until carrots are tender, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:47.98, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:8.2295651915281%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 42.56kcal (2.13%), Fat: 0.39g (0.61%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.04g (2.56%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 58.79mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin A: 14202.08IU (284.04%), Manganese: 0.22mg (11.17%), Fiber: 2.75g (11%), Vitamin K: 11.38µg (10.83%), Potassium: 275.92mg (7.88%), Vitamin C: 5.05mg (6.12%), Vitamin B6: 0.12mg (5.94%), Vitamin B3: 0.85mg (4.24%), Folate: 16.56µg (4.14%), Vitamin B1: 0.06mg (3.86%), Vitamin E: 0.57mg (3.82%), Calcium: 33.99mg (3.4%), Phosphorus: 31.14mg (3.11%), Vitamin B2: 0.05mg (2.94%), Magnesium: 11.41mg (2.85%), Vitamin B5: 0.23mg (2.34%), Copper: 0.05mg (2.26%), Iron: 0.31mg (1.73%), Zinc: 0.22mg (1.49%)