



Roasted Baby Carrots, with Chile, Mint and Orange Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- 4 bunches baby carrots trimmed peeled (32)
- 2 tablespoons mint leaves fresh thinly sliced
- 2 tablespoons olive oil divided
- 0.3 cup orange juice fresh
- 0.5 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 1 tablespoon rice vinegar

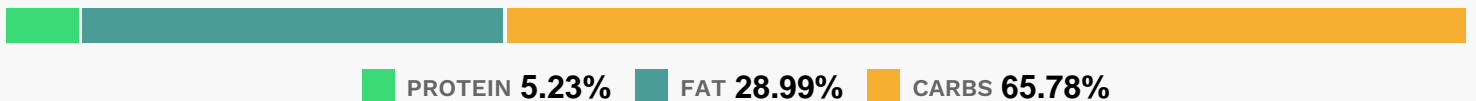
Equipment

- bowl
- oven
- whisk

Directions

- Preheat oven to 375°F.
- Whisk juice, 1tablespoon oil, and vinegar in small bowlto blend; set aside.
- Stir remaining 1 tablespoon oil,crushed red pepper, and salt in mediumbowl.
- Add carrots and toss to coat. Scrapecarrot mixture onto large rimmed bakingsheet. Arrange carrots in single layer.
- Roast carrots until almost tender,stirring occasionally, about 15 minutes(depending on size).
- Add juice mixtureand toss to blend. Roast until juices arereduced to glaze and coat carrots, stirringoccasionally, about 10 minutes longer.Season to taste with more salt, if desired.
- Transfer carrots to large bowl; add mintand orange peel and toss to blend.
- Transferto serving bowl.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:13.163913053015%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 114.76kcal (5.74%), Fat: 3.84g (5.9%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 12.91g (4.69%), Sugar: 11.37g (12.63%), Cholesterol: 0mg (0%), Sodium: 323.47mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin A: 31133.16IU (622.66%), Fiber: 6.68g (26.74%), Vitamin K: 23.4µg (22.28%), Manganese: 0.36mg (17.96%), Folate: 64.54µg (16.13%), Potassium: 558.41mg (15.95%), Vitamin C: 10.12mg (12.27%), Vitamin B6: 0.24mg (12.18%), Iron: 2.12mg (11.8%), Copper: 0.23mg (11.7%), Vitamin B5: 0.92mg (9.22%), Calcium: 76.55mg (7.65%), Vitamin B3: 1.32mg (6.59%), Phosphorus: 65.68mg (6.57%), Magnesium: 24.56mg (6.14%), Vitamin B2: 0.09mg (5.17%), Vitamin B1: 0.08mg (5.05%), Vitamin E: 0.55mg (3.7%), Selenium: 2.07µg (2.96%), Zinc: 0.41mg (2.71%)