



WHATSheATE



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



1.5 teaspoons orange zest finely grated



0.5 teaspoon pepper dried red crushed



0.5 teaspoon salt

☐ 1 tablespoon rice vinegar

Equipment

☐ bowl

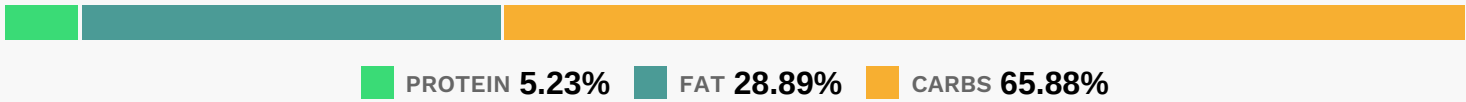
☐ oven

☐ 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:13.211739073629%

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: 115.13kcal (5.76%), Fat: 3.84g (5.91%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 12.97g (4.71%), Sugar: 11.37g (12.63%), Cholesterol: 0mg (0%), Sodium: 323.48mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin A: 31134.74IU (622.69%), Fiber: 6.72g (26.9%), Vitamin K: 23.4µg (22.28%), Manganese: 0.36mg (17.96%), Folate: 64.65µg (16.16%), Potassium: 559.2mg (15.98%), Vitamin C: 10.63mg (12.89%), Vitamin B6: 0.24mg (12.21%), Iron: 2.13mg (11.82%), Copper: 0.23mg (11.72%), Vitamin B5: 0.92mg (9.24%), Calcium: 77.15mg (7.72%), Vitamin B3: 1.32mg (6.61%), Phosphorus: 65.76mg (6.58%), Magnesium: 24.65mg (6.16%), Vitamin B2: 0.09mg (5.19%), Vitamin B1: 0.08mg (5.08%), Vitamin E: 0.56mg (3.7%), Selenium: 2.07µg (2.96%), Zinc: 0.41mg (2.71%)