



Roasted Baby Carrots with Herbed Mustard Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots green trimmed to 1/2 inch, and wispy carrot tips removed peeled (2 bunches)
- 4 servings pepper black freshly ground
- 1 tablespoon flat parsley fresh italian such as dill, parsley, chives, chervil, or tarragon coarsely chopped
- 4 servings kosher salt
- 2 teaspoons mustard coarse-grained
- 2 teaspoons olive oil
- 1 tablespoon butter unsalted

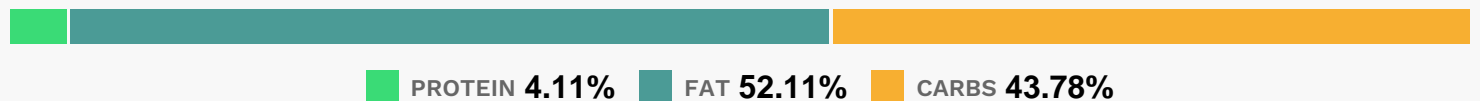
Equipment

- frying pan
- baking sheet
- oven
- knife

Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Place the carrots on a baking sheet, drizzle with the oil, season with salt and pepper, and toss to evenly coat. Roast, shaking the pan occasionally, until a knife easily pierces the carrots, about 10 to 15 minutes. (Smaller carrots will cook in less time.)
- Remove from the oven and set aside while you prepare the herbed mustard-butter. Melt the butter in a large frying pan over medium heat until foaming.
- Add the mustard and stir to combine.
- Add the roasted carrots and herbs and toss to coat the carrots in the butter mixture. Season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:9.6613043368511%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 84.6kcal (4.23%), Fat: 5.08g (7.82%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 6.15g (2.24%), Sugar: 5.44g (6.05%), Cholesterol: 7.53mg (2.51%), Sodium: 310.75mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 15811.62IU (316.23%), Vitamin K: 28.71µg (27.34%), Fiber: 3.45g (13.82%), Manganese: 0.2mg (9.83%), Folate: 32.43µg (8.11%), Potassium: 280.27mg (8.01%),

Iron: 1.13mg (6.3%), Vitamin B6: 0.12mg (6.1%), Copper: 0.12mg (5.94%), Vitamin C: 4.29mg (5.2%), Vitamin B5: 0.47mg (4.71%), Calcium: 40.67mg (4.07%), Phosphorus: 36.03mg (3.6%), Magnesium: 13.29mg (3.32%), Vitamin B3: 0.66mg (3.3%), Selenium: 1.91µg (2.73%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.04mg (2.64%), Vitamin E: 0.39mg (2.58%), Zinc: 0.22mg (1.5%)