



Roasted Candied Carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup honey
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 lb carrots fresh cut into 2 1/2-inch pieces

Equipment

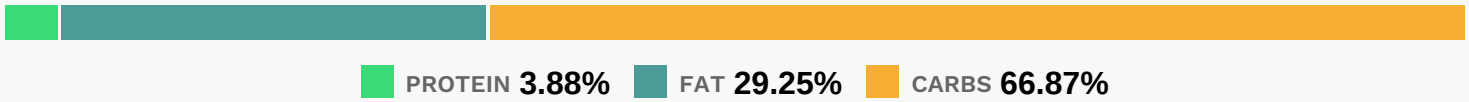
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ Place 15x10x1-inch pan in oven 10 minutes to preheat. Meanwhile, in large bowl, mix all ingredients except carrots until blended.
- ☐ Add carrots; toss to coat.
- ☐ Spray hot pan with cooking spray.
- ☐ Place carrots in single layer in pan.
- ☐ Roast uncovered 30 minutes, stirring once, until golden brown. Immediately remove carrots from pan.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:10.88, Inflammation Score:-10, Nutrition Score:11.225217411052%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 147.9kcal (7.4%), Fat: 5.13g (7.89%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 22.01g (8%), Sugar: 18.79g (20.88%), Cholesterol: 0mg (0%), Sodium: 299.45mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 25345.37IU (506.91%), Vitamin K: 22.92µg (21.83%), Fiber: 4.35g (17.42%), Potassium: 501.02mg (14.31%), Manganese: 0.24mg (12.09%), Vitamin E: 1.73mg (11.53%), Vitamin C: 9.02mg (10.93%), Vitamin B6: 0.22mg (10.85%), Vitamin B3: 1.54mg (7.68%), Folate: 29.13µg (7.28%), Vitamin B1: 0.1mg (6.83%), Vitamin B2: 0.1mg (5.66%), Phosphorus: 55.67mg (5.57%), Calcium: 54.39mg (5.44%), Magnesium: 19.95mg (4.99%), Iron: 0.8mg (4.43%), Vitamin B5: 0.43mg (4.27%), Copper: 0.08mg (3.87%), Zinc: 0.42mg (2.78%)