



Roasted Carrot and Herb Spread

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

Ingredients

- 2 pounds baby carrots
- 1 large sweet potatoes and into peeled cut into 1-inch pieces
- 1 medium onion separated cut into 8 wedges and
- 0.3 cup vegetable oil
- 2 tablespoons thyme leaves dried fresh chopped
- 2 cloves garlic finely chopped
- 0.8 teaspoon salt
- 0.3 teaspoon pepper freshly ground

1 slices crusty baguette

Equipment

food processor

bowl

frying pan

oven

Directions

Heat oven to 350°F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.

Place carrots, sweet potato and onion in pan.

Drizzle with oil.

Sprinkle with thyme, garlic, salt and pepper. Stir to coat.

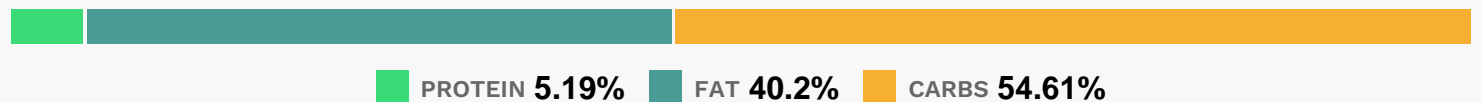
Bake uncovered 35 to 45 minutes, stirring occasionally, until vegetables are tender.

Place vegetable mixture in food processor. Cover and process until blended. Spoon into serving bowl.

Serve warm, or cover and refrigerate until serving time.

Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:7.5400000136832%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 62.15kcal (3.11%), Fat: 2.86g (4.39%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 142.16mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin A: 8700.36IU (174.01%), Vitamin K: 9.7µg (9.24%), Fiber: 2.06g (8.25%), Manganese: 0.15mg (7.37%), Potassium: 180.62mg (5.16%), Vitamin B6: 0.1mg (4.88%), Folate: 17.2µg (4.3%), Copper: 0.08mg (4.01%), Iron: 0.71mg (3.92%), Vitamin C: 3.21mg (3.89%), Vitamin B5: 0.34mg (3.36%), Magnesium: 10.99mg (2.75%), Vitamin B1: 0.04mg (2.64%), Calcium: 26.1mg (2.61%), Phosphorus: 25.05mg (2.5%), Vitamin B3: 0.44mg (2.21%), Vitamin B2: 0.04mg (2.18%), Vitamin E: 0.27mg (1.82%), Selenium: 0.86µg (1.22%), Zinc: 0.17mg (1.11%)