



Roasted Carrot and Herb Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



57 kcal

SIDE DISH

Ingredients

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

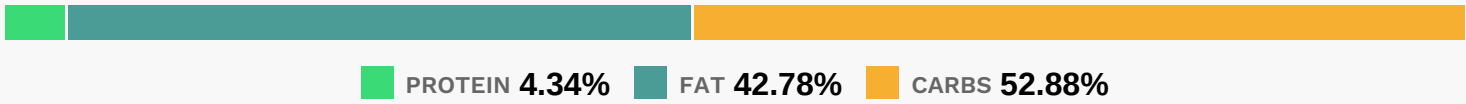
Equipment

- ☐ 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:7.35, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:7.1752173537793%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg 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: 57.29kcal (2.86%), Fat: 2.8g (4.31%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 132.21mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin A: 8667.1IU (173.34%), Vitamin K: 9.65µg (9.19%), Fiber: 1.93g (7.73%), Manganese: 0.13mg (6.39%), Potassium: 174.37mg (4.98%), Vitamin B6: 0.09mg (4.68%), Folate: 15.18µg (3.79%), Copper: 0.07mg (3.72%), Vitamin B5: 0.33mg (3.27%), Iron: 0.53mg (2.93%), Vitamin C:

2.09mg (2.53%), Magnesium: 9.46mg (2.36%), Phosphorus: 22.78mg (2.28%), Calcium: 21.59mg (2.16%), Vitamin B1: 0.03mg (2%), Vitamin E: 0.27mg (1.79%), Vitamin B3: 0.36mg (1.78%), Vitamin B2: 0.03mg (1.68%)