



Roasted Carrot and Herb Spread



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby carrots
- ☐ 1 slices crusty baguette
- ☐ 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

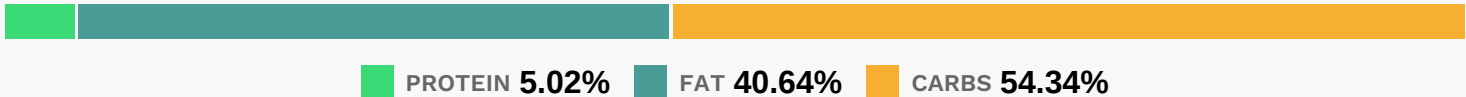
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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:10.94, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:7.3413043384967%

Flavonoids

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: 61.44kcal (3.07%), Fat: 2.84g (4.38%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 6.59g (2.4%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 142.1mg (6.18%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin A: 8667.1IU (173.34%), Vitamin K: 9.7µg (9.24%), Fiber: 1.97g (7.86%), Manganese: 0.14mg (6.77%), Potassium: 176.36mg (5.04%), Vitamin B6: 0.1mg (4.76%), Folate: 16.89µg (4.22%), Copper: 0.08mg (3.82%), Vitamin B5: 0.33mg (3.33%), Iron: 0.58mg (3.24%), Vitamin B1: 0.04mg (2.62%), Vitamin C: 2.09mg (2.53%), Magnesium: 9.87mg (2.47%), Phosphorus: 24.3mg (2.43%), Calcium: 23.27mg (2.33%), Vitamin B3: 0.43mg (2.14%), Vitamin B2: 0.03mg (1.98%), Vitamin E: 0.27mg (1.82%), Selenium: 0.86µg (1.22%), Zinc: 0.15mg (1.03%)