

Roasted carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 kg carrots halved quartered
- ☐ 4 tbsp olive oil
- ☐ 4 tbsp honey
- ☐ 2 tbsp cider vinegar

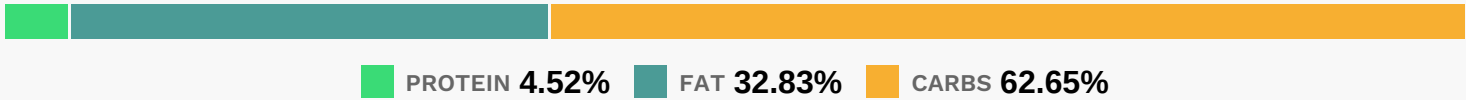
Equipment

- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bring a large pan of water to the boil.
- ☐ Add 2kg carrots, halved or quartered lengthways. Bring back up to the boil and cook for 5 mins.
- ☐ Drain and leave in a colander to steam dry for a few mins, and then toss in a large roasting tin with 4 tbsp olive oil, 4 tbsp honey, 2 tbsp red wine or cider vinegar and seasoning.
- ☐ Roast the carrots for 30–40 mins.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:12.46, Inflammation Score:-10, Nutrition Score:15.185217337764%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 197.08kcal (9.85%), Fat: 7.6g (11.69%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 25.62g (9.31%), Sugar: 20.49g (22.76%), Cholesterol: 0mg (0%), Sodium: 173.25mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin A: 41765IU (835.3%), Vitamin K: 37.21µg (35.44%), Fiber: 7.02g (28.08%), Potassium: 808.25mg (23.09%), Manganese: 0.38mg (18.76%), Vitamin C: 14.8mg (17.94%), Vitamin E: 2.66mg (17.72%), Vitamin B6: 0.35mg (17.38%), Vitamin B3: 2.47mg (12.35%), Folate: 47.71µg (11.93%), Vitamin B1: 0.17mg (11%), Phosphorus: 88.22mg (8.82%), Vitamin B2: 0.15mg (8.76%), Calcium: 83.46mg (8.35%), Magnesium: 30.4mg (7.6%), Vitamin B5: 0.69mg (6.9%), Copper: 0.12mg (5.83%), Iron: 0.84mg (4.67%), Zinc: 0.62mg (4.16%)