

Roasted Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients



3 pounds carrots with tops



1 tablespoon olive oil



0.3 teaspoon pepper



0.8 teaspoon salt

Equipment



frying pan

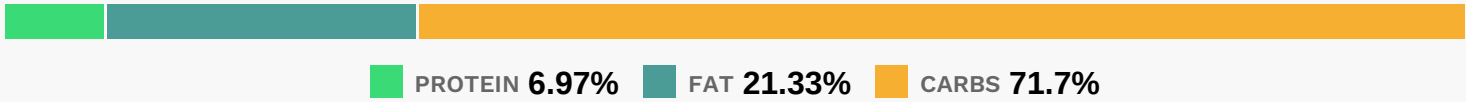


oven

Directions

- ☐ Preheat oven to 45
- ☐ Peel carrots, if desired. Trim tops to 1 inch.
- ☐ Toss carrots with oil, salt, and pepper.
- ☐ Place on a 17- x 12-inch jelly-roll pan.
- ☐ Bake at 450 for 20 minutes, stirring once. Reduce heat to 325, and bake, stirring occasionally, 15 minutes or until carrots are browned and tender.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:11.46826085837%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 85.37kcal (4.27%), Fat: 2.16g (3.32%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 11.56g (4.2%), Sugar: 8.06g (8.96%), Cholesterol: 0mg (0%), Sodium: 335.43mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin A: 28416.77IU (568.34%), Vitamin K: 23.61µg (22.48%), Fiber: 4.78g (19.11%), Potassium: 545.2mg (15.58%), Manganese: 0.25mg (12.59%), Vitamin C: 10.04mg (12.16%), Vitamin B6: 0.23mg (11.75%), Vitamin E: 1.38mg (9.17%), Vitamin B3: 1.67mg (8.36%), Folate: 32.33µg (8.08%), Vitamin B1: 0.11mg (7.49%), Phosphorus: 59.63mg (5.96%), Vitamin B2: 0.1mg (5.81%), Calcium: 56.56mg (5.66%), Magnesium: 20.52mg (5.13%), Vitamin B5: 0.47mg (4.65%), Copper: 0.08mg (3.88%), Iron: 0.53mg (2.93%), Zinc: 0.41mg (2.73%)