

Roasted Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients



3 pounds carrots trimmed to 1 inch and carrots peeled (including greens; carrots 5 inches long)



2 tablespoons olive oil

Equipment



frying pan



paper towels



oven

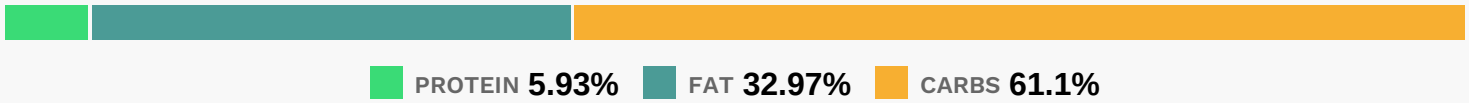


ziploc bags

Directions

- ☐ Preheat oven to 500°F with rack in lower third.
- ☐ Toss carrots with oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper and spread out in a large 4-sided sheet pan. Roast 20 minutes. Reduce oven to 325°F and roast, stirring occasionally, until carrots are browned and tender, about 25 minutes more.
- ☐ Carrots can be peeled 1 day ahead and chilled in a sealable plastic bag lined with damp paper towels.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:5.4, Inflammation Score:-10, Nutrition Score:11.549999899838%

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: 100.68kcal (5.03%), Fat: 3.91g (6.01%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 11.53g (4.19%), Sugar: 8.06g (8.96%), Cholesterol: 0mg (0%), Sodium: 117.44mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin A: 28416.43IU (568.33%), Vitamin K: 24.56µg (23.39%), Fiber: 4.76g (19.05%), Potassium: 544.35mg (15.55%), Vitamin C: 10.04mg (12.16%), Manganese: 0.24mg (12.16%), Vitamin B6: 0.23mg (11.74%), Vitamin E: 1.63mg (10.84%), Vitamin B3: 1.67mg (8.36%), Folate: 32.32µg (8.08%), Vitamin B1: 0.11mg (7.48%), Phosphorus: 59.53mg (5.95%), Vitamin B2: 0.1mg (5.8%), Calcium: 56.17mg (5.62%), Magnesium: 20.41mg (5.1%), Vitamin B5: 0.46mg (4.64%), Copper: 0.08mg (3.83%), Iron: 0.53mg (2.94%), Zinc: 0.41mg (2.72%)