



Roasted Carrots and Fennel with Tomato and Olive Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 4 large carrots sliced
- ☐ 1 large fennel bulb cored cut into 1/2-inch wedges
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion separated sliced
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.3 cup pesto rosso

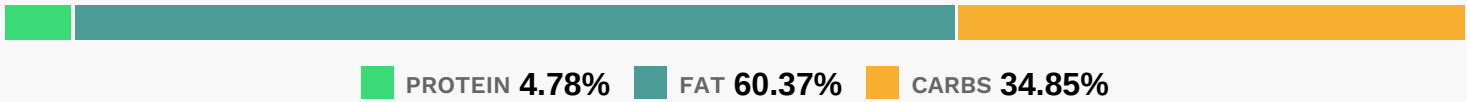
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 42
- ☐ In a large baking dish, toss the onion with the carrots, fennel and 2 tablespoons of the olive oil. Season with salt and pepper. Roast the vegetables for 20 minutes, or until crisp-tender and golden.
- ☐ In a small bowl, stir the pesto with the remaining 1 tablespoon of olive oil.
- ☐ Add the pesto to the vegetables; toss to coat. If using the olives, scatter them on top.
- ☐ Bake the vegetables for 10 minutes longer, or until tender and browned.
- ☐ Transfer to a bowl and serve hot or at room temperature.
- ☐ Notes: Variation
- ☐ Serve tossed with pasta or as a side dish for seared salmon, steak or pork.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:9.9895651262739%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 117.62kcal (5.88%), Fat: 8.2g (12.62%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.41g (6.01%), Cholesterol: 0.83mg (0.28%), Sodium: 343.03mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin A: 8138.16IU (162.76%), Vitamin K: 35.12µg (33.44%), Fiber: 3.2g (12.78%), Vitamin C: 9.26mg (11.23%), Vitamin E: 1.55mg (10.36%), Potassium: 341.94mg

(9.77%), Manganese: 0.17mg (8.36%), Folate: 23.13µg (5.78%), Vitamin B6: 0.11mg (5.33%), Calcium: 49.36mg (4.94%), Phosphorus: 41.62mg (4.16%), Vitamin B3: 0.74mg (3.71%), Magnesium: 14.23mg (3.56%), Iron: 0.63mg (3.49%), Vitamin B1: 0.04mg (2.93%), Copper: 0.05mg (2.73%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.22mg (1.5%)