



Roasted Carrots and Potatoes with Dill

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 pound carrots halved lengthwise
- 1.5 pounds potatoes - remove skin red halved
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 1 tablespoon juice of lemon fresh
- 2 teaspoons optional: dill fresh finely chopped

Equipment

- baking sheet

oven

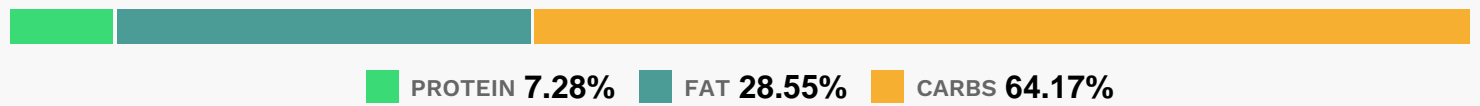
knife

Directions

Preheat oven to 400 degrees, with rack in lower third. On a rimmed baking sheet, toss carrots and potatoes with oil; season with salt and pepper. Arrange in a single layer and cook until vegetables are browned in spots and tender when pierced with a knife, 40 minutes, tossing halfway through. Toss with lemon juice and dill.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:10.531739131264%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 114.53kcal (5.73%), Fat: 3.78g (5.82%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 16.05g (5.84%), Sugar: 3.84g (4.27%), Cholesterol: 0mg (0%), Sodium: 61.41mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin A: 9480.58IU (189.61%), Potassium: 571.5mg (16.33%), Vitamin C: 11.41mg (13.83%), Fiber: 3.07g (12.27%), Vitamin K: 12.07µg (11.49%), Vitamin B6: 0.22mg (11.21%), Manganese: 0.2mg (10.21%), Vitamin B3: 1.54mg (7.7%), Phosphorus: 72.57mg (7.26%), Vitamin B1: 0.11mg (7.2%), Copper: 0.14mg (7.01%), Folate: 26.54µg (6.63%), Magnesium: 25.94mg (6.49%), Vitamin E: 0.89mg (5.94%), Iron: 0.82mg (4.58%), Vitamin B5: 0.4mg (3.97%), Vitamin B2: 0.06mg (3.53%), Zinc: 0.42mg (2.81%), Calcium: 27.81mg (2.78%)