



WHATSheATE



HEALTH SCORE

57%

Roasted Carrots and Snap Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients



1 teaspoon pepper black divided freshly ground



4 cups carrots diagonally sliced () (6 large)



1 tablespoon mint leaves fresh chopped



0.5 teaspoon kosher salt divided



2 tablespoons olive oil divided



1 pound sugar snap peas trimmed

Equipment



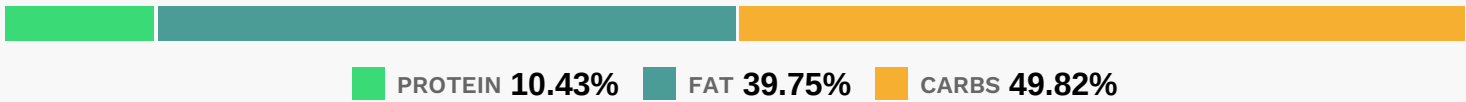
bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place carrot in a large bowl.
- ☐ Drizzle with 1 tablespoon olive oil, and sprinkle with 1/2 teaspoon pepper and 1/4 teaspoon salt; toss well.
- ☐ Spread in a single layer on a large baking sheet.
- ☐ Bake at 450 for 15 minutes.
- ☐ While carrot cooks, place peas in bowl; drizzle with remaining 1 tablespoon olive oil, and sprinkle with remaining 1/2 teaspoon pepper and remaining 1/4 teaspoon salt; toss well. Stir pea mixture into carrot.
- ☐ Bake an additional 5 minutes.
- ☐ Transfer vegetables to a large serving bowl; sprinkle with mint, and toss gently.
- ☐ Serve immediately.
- ☐ Let your little ones add the oil, salt, and pepper to the carrots, and stir. Then let them help spread them out evenly on the baking sheet. They can also string the peas.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:2.75, Inflammation Score:-10, Nutrition Score:15.195217428%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 109.41kcal (5.47%), Fat: 5.04g (7.76%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 9.71g (3.53%), Sugar: 7.07g (7.86%), Cholesterol: 0mg (0%), Sodium: 256.11mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.95%), Vitamin A: 15114.77IU (302.3%), Vitamin C: 50.66mg (61.4%), Vitamin K: 33.52µg (31.92%), Fiber: 4.51g (18.02%), Manganese: 0.36mg (17.96%), Potassium: 433.52mg (12.39%), Folate: 48.97µg (12.24%), Vitamin B6: 0.24mg (12.04%), Vitamin B1: 0.17mg (11.38%), Iron: 1.93mg (10.73%), Vitamin E: 1.53mg (10.22%), Vitamin B5: 0.81mg (8.07%), Magnesium: 29.63mg (7.41%), Phosphorus: 71.07mg (7.11%), Vitamin B2: 0.11mg (6.63%), Vitamin B3: 1.31mg (6.55%), Calcium: 64.34mg (6.43%), Copper: 0.11mg (5.27%), Zinc: 0.42mg (2.82%)