



Roasted Carrots with Carrot-Top Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds carrots with tops (any color)
- ☐ 0.5 cup basil leaves fresh packed ()
- ☐ 1 garlic clove
- ☐ 8 servings kosher salt freshly ground
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan finely grated
- ☐ 3 tablespoons pinenuts
- ☐ 2 tablespoons vegetable oil

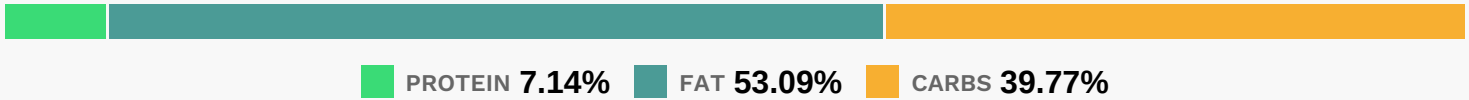
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 400°F. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.
- ☐ Toss carrots and vegetable oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes.
- ☐ Let cool.
- ☐ Pulse garlic and nuts in a food processor until a coarse paste forms.
- ☐ Add basil, Parmesan, and reserved carrot tops; process until a coarse purée forms.
- ☐ Add olive oil and pulse until combined; season with salt and pepper.
- ☐ Serve carrots with pesto.
- ☐ DO AHEAD: Pesto can be made 1 day ahead. Press plastic wrap directly onto surface; chill. Carrots can be roasted 4 hours ahead.
- ☐ Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.98, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:13.617391191423%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg 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: 163.99kcal (8.2%), Fat: 10.17g (15.65%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 12g (4.36%), Sugar: 8.27g (9.19%), Cholesterol: 2.13mg (0.71%), Sodium: 167.81mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin A: 28520.54IU (570.41%), Vitamin K: 36.78µg (35.03%), Manganese: 0.44mg (21.75%), Fiber: 5.14g (20.57%), Potassium: 568.27mg (16.24%), Vitamin B6: 0.26mg (12.76%), Vitamin C: 10.47mg (12.69%), Vitamin E: 1.83mg (12.2%), Vitamin B1: 0.16mg (10.64%), Calcium: 100.12mg (10.01%), Phosphorus: 89.84mg (8.98%), Vitamin B3: 1.79mg (8.95%), Folate: 34µg (8.5%), Magnesium: 27.89mg (6.97%), Vitamin B2: 0.12mg (6.87%), Copper: 0.11mg (5.71%), Vitamin B5: 0.51mg (5.14%), Iron: 0.75mg (4.19%), Zinc: 0.56mg (3.74%), Selenium: 1.07µg (1.53%)