



Roasted Carrots with Citrus Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots cut into 1-inch pieces
- ☐ 0.3 cup champagne vinegar
- ☐ 2 tablespoons honey
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 tablespoon shallots minced

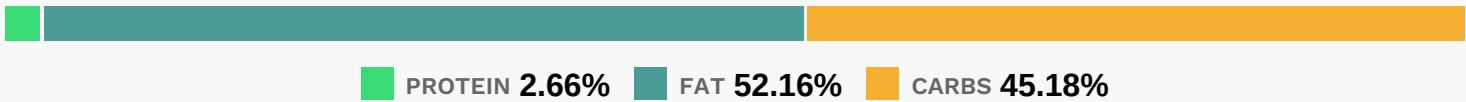
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Lesson Plan
- ☐ Preheat the oven to 400°F.
- ☐ Line a baking sheet with aluminum foil. Arrange the carrots in a single layer on the foil.
- ☐ Drizzle with 2 tablespoons of the olive oil, salt and pepper to taste, and toss the carrots to fully coat with oil and seasoning.
- ☐ Bake until tender but not mushy, about 20 minutes.
- ☐ Meanwhile, make the dressing: In a large bowl, add the orange juice, Champagne vinegar, honey, and a pinch of salt and whisk to combine.
- ☐ Add the remaining 1 cup of oil in a slow stream, whisking continuously.
- ☐ When the carrots are finished, throw them in a serving bowl, top with a little dressing, and stir to combine. Eat them hot or cold.
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Nutrition Facts



Properties

Glycemic Index:53.28, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:10.723478176024%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 185.75kcal (9.29%), Fat: 11.11g (17.09%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 18.32g (6.66%), Sugar: 15.49g (17.22%), Cholesterol: 0mg (0%), Sodium: 80.55mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin A: 18975.93IU (379.52%), Vitamin K: 21.67µg (20.64%), Vitamin C: 14.77mg (17.9%), Vitamin E: 2.31mg (15.41%), Fiber: 3.33g (13.33%), Potassium: 414.95mg (11.86%), Manganese: 0.2mg (9.98%), Vitamin B6: 0.17mg (8.71%), Folate: 27.27µg (6.82%), Vitamin B1: 0.09mg (6.03%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 45.6mg (4.56%), Vitamin B2: 0.08mg (4.42%), Calcium: 42.13mg (4.21%), Magnesium: 16.82mg (4.2%), Vitamin B5: 0.35mg (3.55%), Copper: 0.07mg (3.33%), Iron: 0.58mg (3.24%), Zinc: 0.32mg (2.12%)