



Roasted Carrots with Cumin Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup cilantro leaves with tender stems, plus more for serving
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 8 servings pepper freshly ground
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil

- ☐ 2 tablespoons orange juice fresh
- ☐ 1 cup greek yogurt plain
- ☐ 1 tablespoon sesame seed toasted

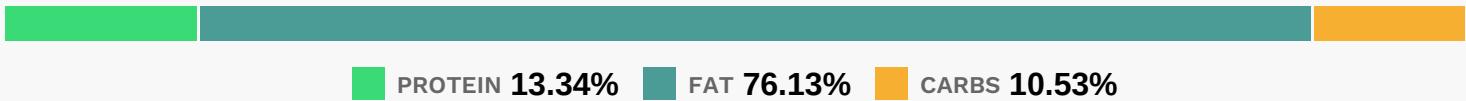
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Toss carrots, orangejuice, thyme, bay leaves, and 1/2 cup oil on arimmed baking sheet; season with salt andpepper. Roast, tossing halfway through,until golden brown and soft, 30–35 minutes;remove bay leaves.
- ☐ Meanwhile, toast coriander in a small dryskillet over medium–high heat, tossing, untilfragrant, about 1 minute; transfer to a plate.Repeat with cumin.
- ☐ Let cool; coarsely chop.
- ☐ Purée coriander, cumin, yogurt, limejuice, 1/4 cup cilantro, and remaining 2 tablespoonsoil in a food processor until smooth; seasonwith salt and pepper.
- ☐ Serve carrots topped with cumin yogurt,cilantro, and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:2.9278261220973%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 86.16kcal (4.31%), Fat: 7.47g (11.5%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.22g (1.36%), Cholesterol: 1.25mg (0.42%), Sodium: 10.4mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 7.36µg (7.01%), Vitamin E: 1.02mg (6.78%), Vitamin C: 4.44mg (5.38%), Vitamin B2: 0.08mg (4.81%), Calcium: 47.26mg (4.73%), Phosphorus: 45.14mg (4.51%), Selenium: 2.92µg (4.17%), Manganese: 0.08mg (3.75%), Iron: 0.61mg (3.38%), Copper: 0.06mg (3.03%), Vitamin B12: 0.17µg (2.92%), Magnesium: 10.48mg (2.62%), Vitamin A: 124.85IU (2.5%), Potassium: 70.33mg (2.01%), Fiber: 0.45g (1.79%), Zinc: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.4%), Folate: 5.28µg (1.32%), Vitamin B5: 0.1mg (1.04%)