



WHATSheATE



## Roasted Carrots with Dill



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

### Ingredients

- ☐ 8 large carrots
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 4 servings olive oil
- ☐ 1 tablespoon butter unsalted cut into small pieces

### Equipment

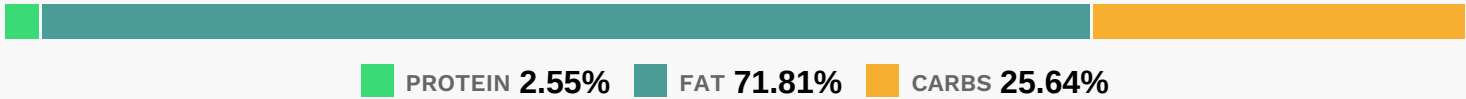
- ☐ oven
- ☐ roasting pan

☐ broiler

## Directions

- ☐ In a roasting pan, toss carrots with enough olive oil to coat. Top with butter, kosher salt, and pepper. Roast in a 425°F oven to desired tenderness, then turn the broiler to high and cook carrots until lightly browned.
- ☐ Sprinkle fresh dill over carrots.

## Nutrition Facts



## Properties

Glycemic Index:15.46, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:11.289565218856%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 207.94kcal (10.4%), Fat: 17.19g (26.44%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 9.77g (3.55%), Sugar: 6.83g (7.59%), Cholesterol: 7.53mg (2.51%), Sodium: 293.88mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin A: 24151.82IU (483.04%), Vitamin K: 27.68µg (26.36%), Vitamin E: 3.05mg (20.32%), Fiber: 4.03g (16.14%), Potassium: 462.56mg (13.22%), Vitamin C: 8.58mg (10.4%), Manganese: 0.21mg (10.39%), Vitamin B6: 0.2mg (9.95%), Vitamin B3: 1.42mg (7.09%), Folate: 27.61µg (6.9%), Vitamin B1: 0.1mg (6.35%), Phosphorus: 51.31mg (5.13%), Vitamin B2: 0.09mg (5%), Calcium: 48.83mg (4.88%), Magnesium: 17.41mg (4.35%), Vitamin B5: 0.4mg (3.97%), Copper: 0.07mg (3.28%), Iron: 0.52mg (2.89%), Zinc: 0.35mg (2.33%)