



HEALTH SCORE

60%

Roasted Fennel and Baby Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 6 bunches baby carrots trimmed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 2 medium fennel bulb cut into 1/2-inch-thick wedges
- ☐ 1 teaspoon fennel seeds
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons water

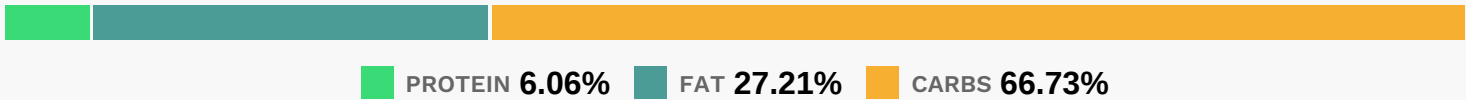
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 450°F. (If you are making just this dish, you can put oven rack in middle position and roast vegetables on that rack throughout.)
- ☐ Toss carrots and fennel with olive oil, water, fennel seeds, salt, and pepper and arrange in 1 layer in a 17- by 11-inch shallow baking pan. Cover pan with foil and roast vegetables in lower third of oven 10 minutes, then uncover and roast, turning occasionally, 10 minutes more. Switch pan to upper third of oven and roast until vegetables are tender and browned, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:26.230869687122%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 244.92kcal (12.25%), Fat: 7.79g (11.99%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 27.38g (9.96%), Sugar: 24.49g (27.21%), Cholesterol: 0mg (0%), Sodium: 683.07mg (29.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin A: 62160.43IU (1243.21%), Vitamin K: 95.63µg (91.08%), Fiber: 15.62g (62.49%), Manganese: 0.86mg (43.08%), Potassium: 1396.3mg (39.89%), Folate: 142.57µg (35.64%), Iron: 4.69mg (26.03%), Vitamin C: 21.13mg (25.61%), Vitamin B6: 0.51mg (25.55%), Copper: 0.51mg (25.38%), Vitamin B5: 1.99mg (19.87%), Calcium: 187.05mg (18.71%), Phosphorus: 166.76mg (16.68%), Vitamin B3: 3.02mg (15.11%), Magnesium: 59.77mg (14.94%), Vitamin B2: 0.19mg (11.08%), Vitamin E: 1.46mg (9.74%), Vitamin B1: 0.14mg (9.62%), Selenium: 4.6µg (6.57%), Zinc: 0.94mg (6.24%)