



## Roasted Radishes and Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

### Ingredients

- 12 baby carrots
- 1 teaspoon thyme leaves dried
- 4 servings kosher salt and pepper black freshly ground
- 4 servings lemon half
- 1 tablespoon olive oil
- 1 bunch radishes small to medium

### Equipment

- baking sheet

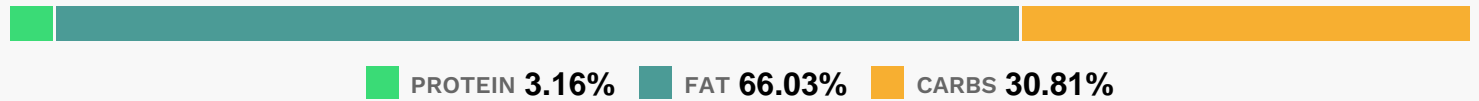
oven

## Directions

Preheat the oven to 450 degrees F.

Place the radishes and carrots on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:6.0339129644891%

## Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 46.41kcal (2.32%), Fat: 3.59g (5.53%), Saturated Fat: 0.5g (3.16%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.84g (2.04%), Cholesterol: 0mg (0%), Sodium: 28.64mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin A: 4149.46IU (82.99%), Vitamin K: 9.54µg (9.09%), Vitamin C: 6.47mg (7.84%), Fiber: 1.38g (5.54%), Manganese: 0.09mg (4.42%), Iron: 0.69mg (3.83%), Vitamin E: 0.53mg (3.56%), Potassium: 113.28mg (3.24%), Folate: 12.7µg (3.17%), Vitamin B6: 0.05mg (2.38%), Copper: 0.04mg (2.12%), Calcium: 19.75mg (1.97%), Vitamin B5: 0.16mg (1.56%), Magnesium: 5.53mg (1.38%), Phosphorus: 12.68mg (1.27%), Vitamin B3: 0.22mg (1.1%), Vitamin B2: 0.02mg (1.07%)