



St Clements carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 800 g carrots trimmed peeled
- ☐ 3 slices zest 3 clementines
- ☐ 3 slices lemon zest
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp butter

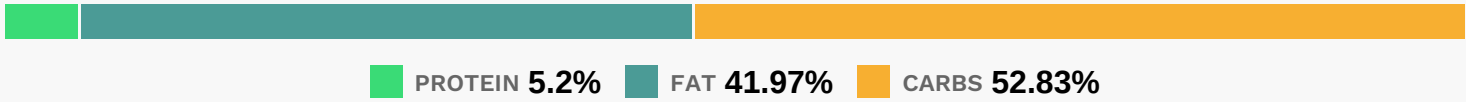
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and bring a large pan of water to the boil.
- ☐ Cut the carrots lengthways into halves or quarters, depending on their size. Tip the carrots into the pan, wait for the water to simmer again, then cook for 4 mins.
- ☐ Drain well, then tip into a large roasting tin.
- ☐ While the carrots are still hot, gently toss them with all the zest, oil, butter, seasoning and the lemon and clementine slices. Poke the slices in among the carrots, so theyre not left on the edges of the tray. Roast for 40 mins until the carrots are golden and tender.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:10.096087001912%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg 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: 92.8kcal (4.64%), Fat: 4.58g (7.04%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 9.15g (3.33%), Sugar: 6.36g (7.07%), Cholesterol: 5.09mg (1.7%), Sodium: 107.31mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin A: 22334.56IU (446.69%), Vitamin K: 19.18µg (18.26%), Fiber: 3.81g (15.26%), Potassium: 429.08mg (12.26%), Vitamin C: 8.8mg (10.67%), Manganese: 0.19mg (9.54%), Vitamin B6: 0.19mg (9.27%), Vitamin E: 1.27mg (8.5%), Vitamin B3: 1.32mg (6.58%), Folate: 25.55µg (6.39%), Vitamin B1: 0.09mg (5.91%), Phosphorus: 47.47mg (4.75%), Vitamin B2: 0.08mg (4.63%), Calcium: 45.59mg (4.56%), Magnesium: 16.18mg (4.05%), Vitamin B5: 0.37mg (3.7%), Copper: 0.06mg (3.06%), Iron: 0.42mg (2.35%), Zinc: 0.32mg (2.16%)