



Sticky sesame-glazed carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 800 g carrots cut into long wedges
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp clear honey
- ☐ 0.5 tbsp sesame seed

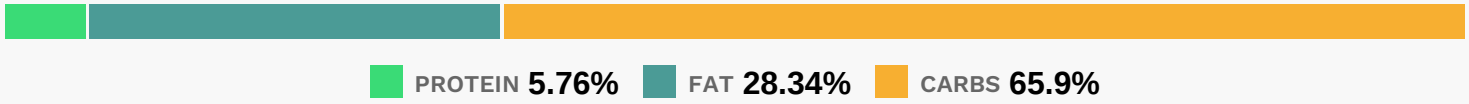
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the carrots in a baking tray with the oil. Roast for 40 mins, stirring in the honey halfway through cooking, and sprinkling over the seeds for the final 10 mins.

Nutrition Facts



Properties

Glycemic Index:33.53, Glycemic Load:8.65, Inflammation Score:-10, Nutrition Score:13.297826108725%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 135.35kcal (6.77%), Fat: 4.54g (6.98%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 18.01g (6.55%), Sugar: 13.79g (15.33%), Cholesterol: 0mg (0%), Sodium: 138.4mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin A: 33412.1IU (668.24%), Vitamin K: 28.51µg (27.15%), Fiber: 5.74g (22.97%), Potassium: 648.03mg (18.52%), Manganese: 0.32mg (15.89%), Vitamin C: 11.83mg (14.33%), Vitamin B6: 0.29mg (14.31%), Vitamin E: 1.83mg (12.18%), Vitamin B3: 2.02mg (10.12%), Folate: 39.2µg (9.8%), Vitamin B1: 0.14mg (9.39%), Calcium: 77.32mg (7.73%), Phosphorus: 77.29mg (7.73%), Vitamin B2: 0.12mg (7.1%), Magnesium: 28.05mg (7.01%), Copper: 0.14mg (6.89%), Vitamin B5: 0.55mg (5.5%), Iron: 0.81mg (4.47%), Zinc: 0.58mg (3.86%)