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Honey Roasted Carrots · ·

Honey roasted carrots are a delicious side dish that can be enjoyed by everyone. The sweet and savory flavors of the honey and roasted carrots make it a perfect addition to any meal. This recipe is easy to make and can be enjoyed by vegans, vegetarians, and non-vegetarians alike. Try it out and see for yourself!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Carrots
30 g	honey
30 g	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and cut the carrots into sticks.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix together honey, olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Place the carrots on a baking sheet and drizzle the honey mixture over them.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Roasting

Roast in the oven for 20 minutes or until the carrots are tender and caramelized.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 2 g

Carbohydrates: 28 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	28 g	50.91%	56%
Fibers	5 g	13.16%	20%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	428 iu	47.56%	61.14%
Vitamin C	9 mg	10%	12%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	220 mg	9.57%	9.57%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Side Dishes

Sauces & Dressings

Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

Difficulty Level

Easy

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