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## Lemony Roasted Carrots ♦♦

Lemony Roasted Carrots is a delicious side dish that brings out the natural sweetness of carrots with a tangy lemon flavor. The carrots are roasted to perfection, resulting in a tender and caramelized texture. This recipe is perfect for any occasion and can be enjoyed by both vegans and non-vegans.

**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
2 juice of	Lemon
2 tbsp	olive oil
1 teaspoon	salt

0.5 black pepper  
teaspoon

2 tbsp fresh parsley

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Peel and slice the carrots into sticks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a mixing bowl, combine the carrots, lemon juice, olive oil, salt, and black pepper. Toss until the carrots are well coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Spread the carrots in a single layer on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Roasting

Roast in the preheated oven for 20-25 minutes, or until the carrots are tender and slightly caramelized.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 6

Serving

Garnish with fresh parsley and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 22 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	22 g	40%	44%
Fibers	6 g	15.79%	24%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	15 mg	0.44%	0.58%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Cuisines

Italian Chinese Mexican Mediterranean

### Course

Salads Snacks Sauces & Dressings

### Cultural

Diwali Hanukkah Oktoberfest Ramadan

### Cost

Over \$50

### Demographics

Teen Friendly Heart Healthy

### Diet

Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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