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Carrots and Brussels Sprouts ♦♦

A delicious and healthy recipe combining the flavors of carrots and Brussels sprouts. This dish is vegan and packed with nutrients.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Carrots
200 g	Brussels sprouts
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and peel the carrots. Trim the ends of the Brussels sprouts.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the carrots into sticks and halve the Brussels sprouts.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, toss the carrots and Brussels sprouts with olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Spread the vegetables evenly on a baking sheet.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Roasting

Roast in the preheated oven for 25 minutes or until the vegetables are tender and slightly browned.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Serving

Serve hot as a side dish or as a main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 8 g

Protein: 3 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	60 mg	66.67%	80%
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	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Vietnamese

Mediterranean

American

Middle Eastern

French

German

Thai

Diet

Anti-Inflammatory Diet

Course

Salads

Side Dishes

Snacks

Breads

Sauces & Dressings

Cooking Method

Stir-frying

Meal Type

Brunch

Supper

Difficulty Level

Medium

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