



Algerian Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 2 pounds carrots peeled sliced
- 3 cloves garlic crushed
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper black
- 1 teaspoon juice of lemon
- 5 tablespoons olive oil

- 1 teaspoon salt
- 0.5 teaspoon thyme leaves dried
- 1.5 cups water

Equipment

- frying pan
- sauce pan

Directions

- Place a steamer insert into a saucepan, and fill with 1 1/2 cups of water, or just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the sliced carrots, reduce the heat to medium, and cover the pan again. Steam until tender but not mushy, 4 to 6 minutes depending on the thickness of the slices. Reserve 1/2 cup of the cooking liquid.
- Heat the olive oil in a skillet over medium heat. Reduce the heat to low and stir in the salt, pepper, cinnamon, cumin, garlic, and thyme. Cook the spices and garlic, stirring frequently, until fragrant, about 10 minutes.
- Add the 1/2 cup reserved cooking liquid and the bay leaf, cover, and simmer for 20 minutes.
- Stir in the carrots, tossing well to coat with the spice mixture, and cook until heated through, about 2 to 3 minutes.
- Sprinkle with lemon juice and remove the bay leaf before serving.

Nutrition Facts

  
 **PROTEIN 3.55%**  **FAT 61.57%**  **CARBS 34.88%**

Properties

Glycemic Index:27.31, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:11.937391408112%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg,

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 169.22kcal (8.46%), Fat: 12.09g (18.6%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 10.96g (3.99%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 495.71mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 25271.7IU (505.43%), Vitamin K: 27.34µg (26.04%), Vitamin E: 2.69mg (17.94%), Fiber: 4.44g (17.77%), Manganese: 0.3mg (15.13%), Potassium: 497.92mg (14.23%), Vitamin C: 10mg (12.13%), Vitamin B6: 0.23mg (11.5%), Vitamin B3: 1.51mg (7.56%), Folate: 29.1µg (7.27%), Vitamin B1: 0.1mg (6.96%), Calcium: 59.57mg (5.96%), Phosphorus: 56.68mg (5.67%), Vitamin B2: 0.09mg (5.37%), Magnesium: 20.45mg (5.11%), Copper: 0.09mg (4.38%), Vitamin B5: 0.43mg (4.26%), Iron: 0.73mg (4.03%), Zinc: 0.4mg (2.7%)