



Baby Carrot Confit with Orange Juice and Cumin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 4 bunches baby carrots with green tops attached, tops trimmed to 1 1/2 inches, carrots peeled (24)
- ☐ 2 tablespoons butter ()
- ☐ 1 teaspoon ground cumin
- ☐ 1.3 cups orange juice fresh

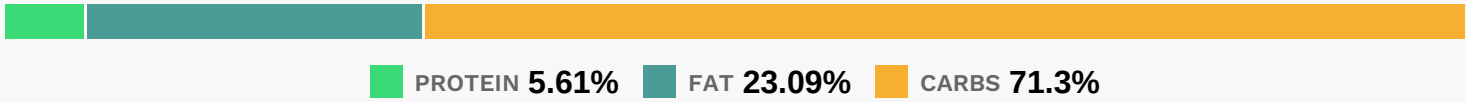
Equipment

- ☐ pot

Directions

- ☐ Place carrots in pot large enough to hold carrots in double layer.
- ☐ Pour orange juice over; add cumin.
- ☐ Sprinkle with salt and freshly ground black pepper. Bring to boil. Reduce heat to medium, cover, and simmer until carrots are just tender, about 10 minutes.
- ☐ Transfer carrots to plate. Boil liquid in pot until slightly reduced and syrupy, about 2 minutes. Stir in butter. Return carrots to pot and simmer just until heated through, about 2 minutes. Season carrots to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:24.027391208903%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 9.26mg, Hesperetin: 9.26mg, Hesperetin: 9.26mg, Hesperetin: 9.26mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 244.44kcal (12.22%), Fat: 6.53g (10.04%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 32.11g (11.68%), Sugar: 27.95g (31.05%), Cholesterol: 15.05mg (5.02%), Sodium: 397.63mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin A: 62391.28IU (1247.83%), Vitamin C: 50.49mg (61.2%), Fiber: 13.26g (53.03%), Vitamin K: 42.89µg (40.85%), Folate: 145.01µg (36.25%), Manganese: 0.71mg (35.35%), Potassium: 1232.12mg (35.2%), Vitamin B6: 0.51mg (25.29%), Iron: 4.49mg (24.96%), Copper: 0.49mg (24.42%), Vitamin B5: 1.96mg (19.59%), Calcium: 158.86mg (15.89%), Phosphorus: 143.35mg (14.34%), Vitamin B3: 2.84mg (14.19%), Vitamin B1: 0.21mg (13.88%), Magnesium: 55.49mg (13.87%), Vitamin B2: 0.19mg (11.13%), Selenium: 4.22µg (6.03%), Zinc: 0.83mg (5.56%), Vitamin E: 0.21mg (1.4%)