



Balsamic Baby Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon olive oil
- ☐ 6 servings garnish: parsley sprig fresh italian
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 medium size bell pepper diced red
- ☐ 0.5 teaspoon salt

- ☐ 2 large shallots thinly sliced
- ☐ 1.5 tablespoons sugar
- ☐ 3 cups water

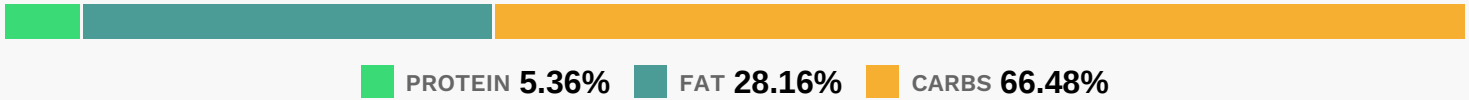
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 3 cups water to a boil in a 3-quart saucepan; add carrots, return to a boil, and cook 4 minutes.
- ☐ Remove from heat; drain well.
- ☐ Saut shallots and bell pepper in hot oil in a large skillet over medium-high heat 3 minutes or until crisp-tender. Stir in carrots, vinegar, and next 3 ingredients, and cook 4 to 5 minutes or until liquid is reduced and vegetables begin to glaze.
- ☐ Remove from heat; stir in chopped parsley.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:46.35, Glycemic Load:3.43, Inflammation Score:-10, Nutrition Score:14.348260858785%

Flavonoids

Apigenin: 11.49mg, Apigenin: 11.49mg, Apigenin: 11.49mg, Apigenin: 11.49mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 78.96kcal (3.95%), Fat: 2.55g (3.93%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 10.49g (3.82%), Sugar: 9.32g (10.36%), Cholesterol: 0mg (0%), Sodium: 265.39mg (11.54%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin A: 11496.12IU (229.92%), Vitamin K: 97.15µg (92.53%), Vitamin C: 35.11mg (42.56%), Fiber: 3.07g (12.29%), Folate: 40.49µg (10.12%), Manganese: 0.19mg (9.55%), Vitamin B6: 0.17mg (8.54%), Potassium: 288.59mg (8.25%), Iron: 1.27mg (7.06%), Copper: 0.12mg (5.84%), Vitamin E: 0.69mg (4.62%), Calcium: 42.27mg (4.23%), Magnesium: 16.65mg (4.16%), Vitamin B5: 0.41mg (4.13%), Phosphorus: 36.07mg (3.61%), Vitamin B3: 0.7mg (3.51%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.04mg (2.87%), Zinc: 0.29mg (1.92%), Selenium: 0.83µg (1.18%)