



Braised Carrots with Orange and Capers



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 tablespoons capers drained
- ☐ 1 pound carrots ends trimmed peeled cut into 2-inch lengths
- ☐ 0.7 cup celery thinly sliced
- ☐ 1 teaspoon thyme leaves or dried fresh minced
- ☐ 1.5 teaspoons garlic minced
- ☐ 4 servings kosher salt
- ☐ 1 cup chicken broth low-sodium

- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion halved thinly sliced
- ☐ 0.5 cranberry-orange relish rinsed ends trimmed chopped (including peel) (discard seeds)
- ☐ 2 tablespoons parsley italian chopped

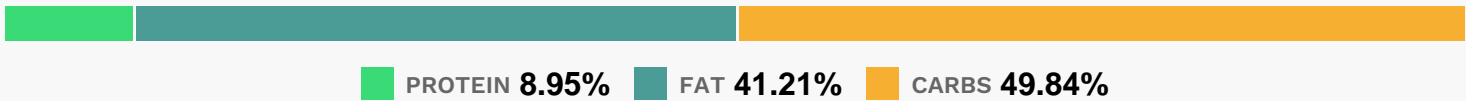
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour 1 tablespoon olive oil into a large frying pan over medium-high heat. When hot, add carrots, sprinkle lightly with salt, and turn to brown on all sides, about 4 minutes total.
- ☐ Remove from pan.
- ☐ Add onion, celery, and garlic to pan; stir often until vegetables are soft but not browned, about 2 minutes.
- ☐ Add tomatoes, chicken broth, orange, thyme, and the carrots to pan. Bring to a simmer, cover, and cook, stirring occasionally, until carrots are very tender when pierced, about 1 hour.
- ☐ Meanwhile, pour remaining tablespoon olive oil into a small frying pan over medium-high heat. When hot, add capers and cook until they begin to peel back, about 1 1/2 minutes.
- ☐ Spoon braised carrots into a serving bowl or onto plates and top with capers and parsley.
- ☐ Wine pairing: Aromatic but crisp Viognier, with honeyed citrus and a few minerals. Best in our pairing: Miner Family Simpson Vineyard 2004 (California; \$20), Eberle Mill Road 2004 (Paso Robles, CA; \$18), and R.H. Phillips EXP 2003 (Dunnigan Hills, CA; \$14).
- ☐ Flavor bridges: The classic honey-tangerine notes in a totally dry Viognier seem sweet and throw a line to the sweetness in carrots. The orange in this dish clinches the deal. Aromatic, floral qualities in the wine give it weight; long braising does the same for the carrots. Minerals under the wine's fruitiness link to the briny capers.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:5.04, Inflammation Score:-10, Nutrition Score:17.367391275323%

Flavonoids

Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 4.82mg, Apigenin: 4.82mg, Apigenin: 4.82mg, Apigenin: 4.82mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg

Nutrients (% of daily need)

Calories: 160.16kcal (8.01%), Fat: 7.9g (12.15%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 15.88g (5.77%), Sugar: 10.86g (12.07%), Cholesterol: 0mg (0%), Sodium: 563.51mg (24.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 19375.36IU (387.51%), Vitamin K: 61.01µg (58.1%), Vitamin C: 31.5mg (38.18%), Fiber: 5.62g (22.48%), Potassium: 740.72mg (21.16%), Vitamin B6: 0.35mg (17.51%), Vitamin E: 2.59mg (17.25%), Manganese: 0.33mg (16.62%), Vitamin B3: 2.86mg (14.28%), Folate: 50.18µg (12.55%), Iron: 1.91mg (10.59%), Vitamin B1: 0.16mg (10.43%), Vitamin B2: 0.17mg (10.28%), Copper: 0.2mg (10.01%), Calcium: 99.86mg (9.99%), Phosphorus: 95.03mg (9.5%), Magnesium: 35.15mg (8.79%), Vitamin B5: 0.56mg (5.65%), Zinc: 0.61mg (4.08%), Selenium: 0.71µg (1.02%)