



Caramelized Carrot Mash



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 3.5 pounds carrots halved lengthwise
- ☐ 0.5 cup chicken stock see low-sodium canned
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil pure
- ☐ 6 servings salt and pepper freshly ground

Equipment

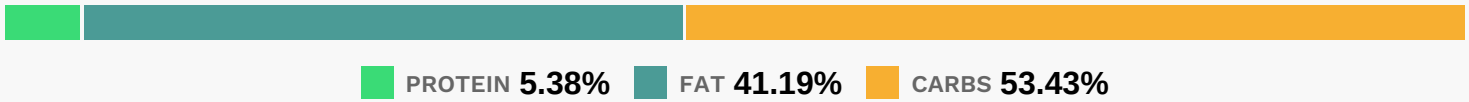
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat the oven to 40
- ☐ Spread the oil on 2 large rimmed baking sheets. Arrange the carrots, cut side down, on the baking sheets. Rub a little of the oil over the carrots and season with salt and pepper.
- ☐ Bake for about 45 minutes, or until the carrots are very tender and browned on the bottom.
- ☐ In a large saucepan, heat the chicken stock with the honey.
- ☐ Add the carrots and, with a potato masher, mash the carrots coarsely. Season with salt and pepper and serve hot.

Nutrition Facts



Properties

Glycemic Index:16.52, Glycemic Load:9.91, Inflammation Score:-10, Nutrition Score:16.010434751925%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 201.83kcal (10.09%), Fat: 9.75g (15%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 21.05g (7.66%), Sugar: 15.44g (17.16%), Cholesterol: 0mg (0%), Sodium: 382.58mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.73%), Vitamin A: 44203.33IU (884.07%), Vitamin K: 40.34µg (38.42%), Fiber: 7.42g (29.66%), Potassium: 865.57mg (24.73%), Vitamin E: 3.04mg (20.28%), Manganese: 0.38mg (19.08%), Vitamin C: 15.63mg (18.94%), Vitamin B6: 0.37mg (18.4%), Vitamin B3: 2.87mg (14.37%), Folate: 50.34µg (12.59%), Vitamin B1: 0.17mg (11.64%), Phosphorus: 98.65mg (9.86%), Vitamin B2: 0.16mg (9.45%), Calcium: 88.52mg (8.85%), Magnesium: 32.02mg (8.01%), Vitamin B5: 0.72mg (7.25%), Copper: 0.13mg (6.53%), Iron: 0.9mg (5.01%), Zinc: 0.66mg (4.42%)