



Caramelized Spiced Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup butter melted ()



4.5 pounds carrots trimmed to 1/2 inch peeled



0.3 teaspoon cayenne pepper



0.3 cup basil leaves fresh thinly sliced



0.3 cup ginger fresh finely grated peeled



0.3 cup mint leaves fresh thinly sliced



0.5 teaspoon ground cardamom



1 teaspoon ground cumin

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup pinenuts toasted
- ☐ 1 cup pomegranate molasses
- ☐ 0.8 cup pomegranate seeds

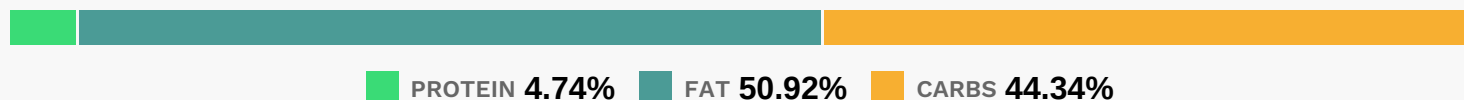
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk 1/4 cup water, pomegranate molasses, and next 7 ingredients in large bowl to blend.
- ☐ Add carrots to pomegranate mixture and toss to coat. Divide carrots between 2 large rimmed baking sheets. Roast until carrots are tender and liquids are reduced to glaze, stirring twice and mixing in water by tablespoonfuls if needed to prevent burning, about 55 minutes. Season with salt and pepper. (Can be made 4 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 375°F oven 10 minutes before serving.)
- ☐ Transfer carrots to platter.
- ☐ Sprinkle pomegranate seeds, pine nuts, basil, and mint over carrots and serve.
- ☐ *A thick pomegranate syrup; available at some supermarkets and Middle Eastern markets, and by mail from Adriana's Caravan (adrianascaravan.com).
- ☐ Look for maroon, white, yellow, and red carrots at farmers' markets and include as many colors as you like. Or use regular carrots and thin parsnips.

Nutrition Facts



Properties

Glycemic Index:22.55, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:13.150869596588%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 188.74kcal (9.44%), Fat: 11.05g (16.99%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 17.39g (6.32%), Sugar: 12.53g (13.93%), Cholesterol: 7.63mg (2.54%), Sodium: 111.92mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin A: 21467.07IU (429.34%), Manganese: 0.79mg (39.39%), Vitamin K: 25.38µg (24.17%), Fiber: 4.25g (17.01%), Vitamin E: 2.07mg (13.78%), Potassium: 480.04mg (13.72%), Vitamin C: 8.78mg (10.64%), Vitamin B6: 0.19mg (9.66%), Phosphorus: 86.78mg (8.68%), Magnesium: 34.34mg (8.58%), Copper: 0.16mg (8.1%), Vitamin B3: 1.59mg (7.96%), Folate: 30.71µg (7.68%), Vitamin B1: 0.11mg (7.65%), Vitamin B2: 0.1mg (5.71%), Zinc: 0.77mg (5.15%), Iron: 0.93mg (5.15%), Calcium: 48.88mg (4.89%), Vitamin B5: 0.41mg (4.07%)