



Carrot and Sweet Potato Tzimmes



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce baby carrots
- ☐ 12 servings canola oil
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 1.3 cups orange juice
- ☐ 1.8 1 3/4 cups pineapple chunks drained (juice reserved)
- ☐ 0.5 cup pineapple juice from pineapple canned

- ☐ 1 cup prune- cut to pieces pitted
- ☐ 0.5 teaspoon salt
- ☐ 2 sweet potatoes peeled quartered cut into chunks

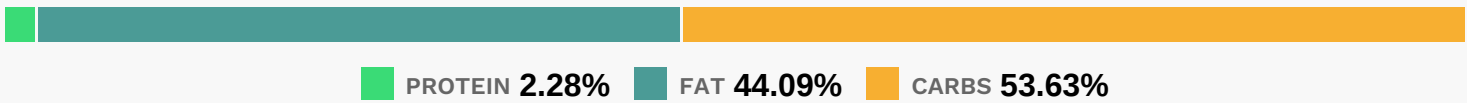
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Oil a 9x13-inch baking dish with canola oil.
- ☐ Bring a large pot of water to a boil, and stir in the baby carrots. Reduce heat to a simmer, and cook the baby carrots until firm but tender, about 10 minutes. Stir in the sweet potato chunks, and simmer for 5 more minutes; drain.
- ☐ Place the carrots, sweet potatoes, and prunes into the prepared baking dish, and stir to combine. In a bowl, whisk together the reserved pineapple juice, honey, orange juice, salt, and cinnamon until smooth, and pour the mixture over the carrots, sweet potatoes, and prunes. Cover the baking dish with aluminum foil.
- ☐ Bake in the preheated oven until the mixture is bubbling, about 30 minutes.
- ☐ Remove from oven, and take off the aluminum foil.
- ☐ Mix in the pineapple chunks and cornstarch until thoroughly combined, and return to the oven until slightly thickened, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:14.14, Inflammation Score:-10, Nutrition Score:12.766956562581%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 278.32kcal (13.92%), Fat: 14.24g (21.9%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 38.97g (12.99%), Net Carbohydrates: 34.43g (12.52%), Sugar: 25.47g (28.3%), Cholesterol: 0mg (0%), Sodium: 177.92mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 15934.8IU (318.7%), Vitamin K: 26.5µg (25.24%), Vitamin C: 16.95mg (20.54%), Fiber: 4.54g (18.17%), Vitamin E: 2.63mg (17.51%), Manganese: 0.35mg (17.43%), Potassium: 484.96mg (13.86%), Vitamin B6: 0.21mg (10.59%), Copper: 0.2mg (9.87%), Folate: 34.95µg (8.74%), Vitamin B5: 0.73mg (7.3%), Magnesium: 27.36mg (6.84%), Iron: 1.19mg (6.64%), Vitamin B1: 0.09mg (5.91%), Phosphorus: 54.76mg (5.48%), Vitamin B2: 0.09mg (5.44%), Vitamin B3: 1.05mg (5.23%), Calcium: 48.45mg (4.85%), Zinc: 0.36mg (2.42%), Selenium: 1.11µg (1.58%)