



Carrot and Sweet-Potato Tzimmes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter
- 2 pounds carrots peeled cut in 1-in. pieces
- 3 tablespoons thyme leaves fresh
- 4 green onions diagonally sliced
- 0.5 teaspoon salt
- 2 pounds garnet sweet potatoes peeled cut in 1-in. pieces (often labeled yams)

Equipment

- frying pan
- oven
- aluminum foil
- microwave

Directions

- Preheat oven to 37
- Put carrots, sweet potatoes, butter, thyme, salt, and pepper in a 9- by 13-in. pan and cover tightly with foil.
- Bake for 25 minutes. Stir, then cook, covered, until carrots are very tender, about 50 minutes. Stir in green onions and cook until wilted, about 5 minutes.
- Coarsely mash vegetables in pan.
- *For a nondairy kosher version, use extra-virgin olive oil in place of the butter.
- Make ahead: Chill airtight up to 1 day; microwave until hot, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:21.99, Glycemic Load:10.06, Inflammation Score:-10, Nutrition Score:11.940869580144%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 133.18kcal (6.66%), Fat: 4.09g (6.3%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 18.48g (6.72%), Sugar: 6.84g (7.6%), Cholesterol: 10.17mg (3.39%), Sodium: 221.86mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin A: 23596.38IU (471.93%), Vitamin K: 20.09µg (19.13%), Fiber: 4.75g (19.02%), Manganese: 0.35mg (17.53%), Potassium: 520.64mg (14.88%), Vitamin B6: 0.27mg (13.56%), Vitamin C: 9.83mg (11.91%), Vitamin B5: 0.83mg (8.28%), Copper: 0.16mg (8.12%), Magnesium: 31.81mg (7.95%), Vitamin B1: 0.11mg (7.48%), Phosphorus: 66.59mg (6.66%), Folate: 26.18µg (6.55%), Vitamin B3:

1.22mg (6.1%), Vitamin B2: 0.1mg (6.07%), Calcium: 59.16mg (5.92%), Iron: 1.06mg (5.9%), Vitamin E: 0.83mg (5.52%), Zinc: 0.46mg (3.07%)