



Carrot Ring

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound carrots grated
- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup juice of lemon 2 lemons
- ☐ 2 teaspoons lemon zest
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup matzo meal

- ☐ 0.3 cup potato flour
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup white wine

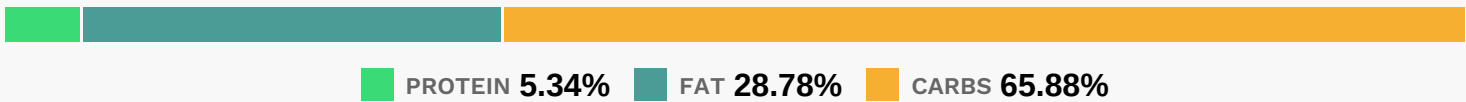
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Mix matzo meal, potato starch, and salt in a large bowl.
- ☐ Add carrot and next 8 ingredients; mix well. Stir in melted margarine.
- ☐ Pour mixture into a greased ring mold or 9-inch baking dish, and bake at 350 for 1 hour or until wooden pick inserted in center comes out clean.
- ☐ Let cool on a wire rack about 10 minutes. Turn out onto a plate.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.57, Glycemic Load:10, Inflammation Score:-10, Nutrition Score:8.6826086925424%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin:

0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 170.24kcal (8.51%), Fat: 5.34g (8.22%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 25.36g (9.22%), Sugar: 12.61g (14.01%), Cholesterol: 18.6mg (6.2%), Sodium: 154.12mg (6.7%), Alcohol: 1.24g (100%), Alcohol %: 1.57% (100%), Protein: 2.23g (4.46%), Vitamin A: 7808.92IU (156.18%), Manganese: 0.25mg (12.54%), Fiber: 2.16g (8.63%), Vitamin C: 5.92mg (7.18%), Potassium: 251.38mg (7.18%), Vitamin B6: 0.13mg (6.41%), Selenium: 4.43µg (6.33%), Vitamin K: 6.14µg (5.84%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.95mg (4.73%), Phosphorus: 45.91mg (4.59%), Iron: 0.7mg (3.87%), Vitamin E: 0.56mg (3.71%), Folate: 14.75µg (3.69%), Magnesium: 13.83mg (3.46%), Calcium: 28.35mg (2.83%), Vitamin B5: 0.27mg (2.73%), Copper: 0.05mg (2.56%), Zinc: 0.28mg (1.86%)