



Carrots and Figs



Gluten Free



Dairy Free

READY IN



41 min.

SERVINGS



1

CALORIES



691 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup slivered almonds
- ☐ 4 teaspoons sugar
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1 pound carrots cut into 1/4-inch slices (6 to 7 medium)
- ☐ 0.5 cup figs dried cut into fourths
- ☐ 1 tablespoon butter softened

Equipment

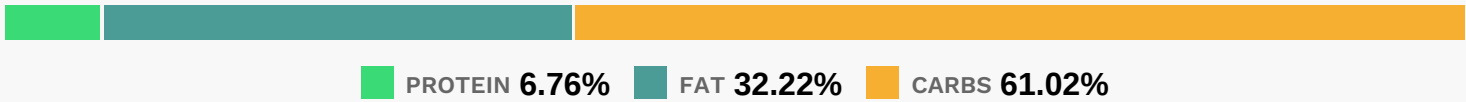
- ☐ frying pan

- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Cook almonds, sugar and orange peel in 8-inch skillet over low heat about 10 minutes, stirring constantly, until sugar is melted and almonds are coated; cool. Break almonds apart; set aside.
- ☐ Place steamer basket in 1/2 inch water in saucepan (water should not touch bottom of basket).
- ☐ Place carrots in basket. Cover tightly and heat to boiling; reduce heat. Steam 9 to 11 minutes or until tender, adding figs during last 2 minutes. Toss carrots and figs with almonds and butter.

Nutrition Facts



Properties

Glycemic Index:157.92, Glycemic Load:38.31, Inflammation Score:-10, Nutrition Score:38.161738934076%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 691.04kcal (34.55%), Fat: 26.57g (40.88%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 113.2g (37.73%), Net Carbohydrates: 89.72g (32.63%), Sugar: 74.33g (82.59%), Cholesterol: 0mg (0%), Sodium: 452.91mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin A: 76289.84IU (1525.8%), Fiber: 23.48g (93.93%), Manganese: 1.65mg (82.31%), Vitamin E: 10.61mg (70.74%), Vitamin K: 71.5µg (68.09%), Potassium: 2164.33mg (61.84%), Magnesium: 178.63mg (44.66%), Vitamin B2: 0.64mg (37.71%), Vitamin B6: 0.74mg (37.25%), Vitamin C: 29.04mg (35.2%), Copper: 0.7mg (34.9%), Calcium: 348.98mg (34.9%), Phosphorus: 341.97mg (34.2%),

Vitamin B3: 5.91mg (29.55%), Vitamin B1: 0.42mg (28.04%), Folate: 105.21µg (26.3%), Iron: 3.89mg (21.62%), Vitamin B5: 1.7mg (17.05%), Zinc: 2.43mg (16.18%), Selenium: 2.11µg (3.02%)