



## Carrots Braised in Marsala Wine

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.3 pounds carrots peeled cut into large matchsticks or 1/4-inch-thick slices
- 0.5 cup plum brandy dry
- 5 servings grating nutmeg fresh
- 5 servings pepper black freshly ground
- 0.5 teaspoon sugar
- 4 tablespoons butter unsalted

## Equipment

- frying pan

spatula

## Directions

Choose a straight-sided sauté pan that has a tight-fitting lid and is just large enough to hold the vegetables in one or two layers. A pan that is too large will allow the liquid to evaporate too quickly; if it is too small, the vegetables will be piled too high to braise evenly.

Melt the butter over moderate heat, so that it melts without taking on any color. Stir the carrots into the pan, and season with salt and pepper, nutmeg, and sugar. Turn the carrots over several times with a heatproof rubber spatula or wooden spatula or spoon to coat them well with the butter and seasonings. Cook gently — do not fry — stirring often, for about 2 minutes, to release the vegetable's flavor, and then pour in the Marsala. Bring to a quick boil, and then adjust the heat so the carrots just barely simmer. Cover the pan tightly and braise, shaking it well from time to time, for 12 to 15 minutes, or until the carrots are tender. Check the pan occasionally, and if the liquid has evaporated before the carrots are cooked, add small amounts of hot water. When the carrots are tender, there should be only enough liquid left just to coat them. If there is more, turn the heat to high and boil it off.

Variations

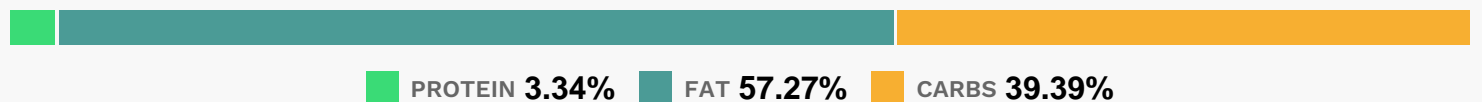
Carrots Braised in Lemon and Parsley: Before adding the carrots to the butter, cook one finely chopped small onion until it is tender. Substitute water or broth for the Marsala, and add a teaspoon of lemon juice. When the carrots are tender, stir in 3 tablespoons of finely chopped flat-leaf parsley, and toss a minute before serving.

Braised Carrots with Parmesan Cheese: Braise the carrots with broth or water, and when they are cooked, turn off the heat and sprinkle on 1/3 cup or more grated Parmesan cheese.

Make It Italian

Knopf

## Nutrition Facts



## Properties

Glycemic Index:43.78, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:9.912608758263%

## Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 22.76mg, Malvidin: 22.76mg, Malvidin: 22.76mg, Malvidin: 22.76mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## **Nutrients (% of daily need)**

Calories: 177.49kcal (8.87%), Fat: 10.09g (15.52%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 11.99g (4.36%), Sugar: 8.22g (9.13%), Cholesterol: 24.08mg (8.03%), Sodium: 81.98mg (3.56%), Alcohol: 3.67g (100%), Alcohol %: 3.08% (100%), Protein: 1.33g (2.65%), Vitamin A: 19226.76IU (384.54%), Vitamin K: 15.92µg (15.16%), Fiber: 3.62g (14.47%), Manganese: 0.26mg (13.1%), Potassium: 395.98mg (11.31%), Vitamin C: 6.75mg (8.18%), Vitamin B6: 0.16mg (8.02%), Vitamin E: 1.01mg (6.73%), Vitamin B3: 1.2mg (5.99%), Folate: 23.42µg (5.85%), Vitamin B1: 0.09mg (5.78%), Magnesium: 19.82mg (4.96%), Phosphorus: 48.96mg (4.9%), Calcium: 46.16mg (4.62%), Vitamin B2: 0.08mg (4.43%), Copper: 0.09mg (4.28%), Vitamin B5: 0.33mg (3.31%), Iron: 0.47mg (2.62%), Zinc: 0.34mg (2.29%), Vitamin D: 0.17µg (1.12%)