



Carrots with Almond Purée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup blanched almonds and whole
- ☐ 12 small carrots scrubbed
- ☐ 1 teaspoon coriander seeds
- ☐ 1 tablespoon cilantro leaves fresh
- ☐ 1 tablespoon mint leaves fresh
- ☐ 2 garlic clove crushed
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons olive oil

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame seed toasted
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup citrus champagne vinegar

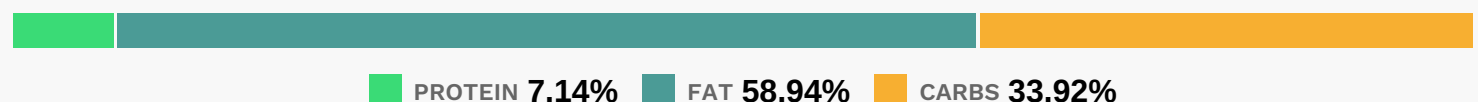
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Combine almonds and oil in a small saucepan over medium heat; cook, swirling often, until almonds are just golden, about 4 minutes. Using a slotted spoon, transfer almonds to a blender; let almonds and oil cool. Pulse almonds until finely chopped. With motor running, slowly add cooking oil, vinegar, sugar, and 1/4 cup water and process, adding water as needed, until just thinner than peanut butter; season with salt.
- ☐ Bring vinegar, sugar, coriander, salt, and red pepper flakes to a boil in a small saucepan; reduce heat and simmer, stirring, until sugar is dissolved, about 3 minutes.
- ☐ Add carrots and let cool.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add carrots; cook, turning often, until golden and tender, 5–8 minutes.
- ☐ Add garlic and butter; cook, tossing, until garlic is golden, about 2 minutes. Season with salt and pepper.
- ☐ Spoon almond purée onto plates and top with pickled carrots, sautéed carrots, cilantro, mint, and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:61.48, Glycemic Load:9.14, Inflammation Score:-10, Nutrition Score:16.599130493467%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 280.4kcal (14.02%), Fat: 19.05g (29.31%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 18.39g (6.69%), Sugar: 13.85g (15.39%), Cholesterol: 7.53mg (2.51%), Sodium: 112.49mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin A: 25245.24IU (504.9%), Vitamin E: 5.85mg (38.97%), Manganese: 0.6mg (30.23%), Fiber: 6.28g (25.11%), Vitamin K: 24.89µg (23.71%), Potassium: 624.08mg (17.83%), Magnesium: 68.06mg (17.01%), Copper: 0.29mg (14.45%), Phosphorus: 143.01mg (14.3%), Vitamin B6: 0.26mg (12.81%), Vitamin B2: 0.21mg (12.4%), Vitamin C: 10mg (12.12%), Calcium: 109.11mg (10.91%), Vitamin B3: 2.13mg (10.64%), Folate: 38.82µg (9.7%), Vitamin B1: 0.14mg (9.51%), Iron: 1.49mg (8.27%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.48mg (4.79%), Selenium: 1.44µg (2.06%)