



Carrots with Ginger and Coriander Seeds

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon brown sugar
- 1 teaspoon butter melted
- 2 pounds carrots ()
- 1 teaspoon coriander seeds crushed
- 1 tablespoon parsley fresh chopped
- 1 tablespoon julienne-cut ginger fresh peeled
- 0.5 teaspoon salt

0.3 cup vegetable broth

Equipment

oven

baking pan

Directions

Preheat oven to 37

Combine first 8 ingredients in a shallow 2–quart baking dish. Cover and bake at 375 for 1 hour or until tender, stirring occasionally.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:9.6113042852477%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 55.3kcal (2.77%), Fat: 0.84g (1.29%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 8.54g (3.11%), Sugar: 5.96g (6.63%), Cholesterol: 1.34mg (0.45%), Sodium: 267.42mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin A: 19023.56IU (380.47%), Vitamin K: 23.42µg (22.3%), Fiber: 3.35g (13.38%), Potassium: 374.95mg (10.71%), Manganese: 0.19mg (9.32%), Vitamin C: 7.45mg (9.03%), Vitamin B6: 0.16mg (7.95%), Vitamin B3: 1.14mg (5.68%), Folate: 22.45µg (5.61%), Vitamin E: 0.77mg (5.14%), Vitamin B1: 0.08mg (5.08%), Phosphorus: 41.67mg (4.17%), Calcium: 41.23mg (4.12%), Vitamin B2: 0.07mg (3.98%), Magnesium: 15.33mg (3.83%), Vitamin B5: 0.32mg (3.16%), Copper: 0.06mg (2.91%), Iron: 0.43mg (2.41%), Zinc: 0.29mg (1.97%)