



Carrots with Ginger and Garlic



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds carrots
- ☐ 1 piece ginger fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons butter unsalted

☐ 1 tsp. water

Equipment

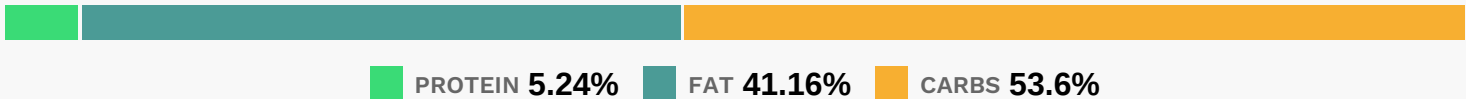
☐ frying pan

☐ sauce pan

Directions

- ☐ Slice 1 1/2 lb. carrots diagonally, about 1/4-inch thick.
- ☐ Place in a large saucepan and pour in water to cover.
- ☐ Add 1/2 tsp. salt and bring to a boil over high heat. Reduce heat to medium and cook until almost tender, about 3 minutes.
- ☐ Drain and rinse carrots under cold running water.
- ☐ In a large skillet, melt 2 Tbsp. unsalted butter over medium-high heat.
- ☐ Add 1 chopped garlic clove and cook, stirring, until fragrant, about 1 minute.
- ☐ Add 1 chopped 2-inch piece fresh ginger and cook 2 minutes longer.
- ☐ Add carrots and 1 tsp. sugar. Stir until tender and shiny, about 5 minutes. If carrots begin to stick, add 1 or 2 tsp. water. Season with salt and pepper.
- ☐ Sprinkle with 1 Tbsp. chopped fresh parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:48.48, Glycemic Load:6.22, Inflammation Score:-10, Nutrition Score:12.479999859048%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 126.66kcal (6.33%), Fat: 6.11g (9.41%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 13.07g (4.75%), Sugar: 9.11g (10.12%), Cholesterol: 15.05mg (5.02%), Sodium: 603.79mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 28675.67IU (573.51%), Vitamin K: 39.36µg (37.48%), Fiber: 4.85g (19.39%), Potassium: 561.92mg (16.05%), Vitamin C: 11.69mg (14.17%), Manganese: 0.26mg (13.15%), Vitamin B6: 0.25mg (12.4%), Vitamin E: 1.3mg (8.65%), Folate: 34.26µg (8.57%), Vitamin B3: 1.71mg (8.53%), Vitamin B1: 0.12mg (7.69%), Phosphorus: 63.54mg (6.35%), Calcium: 61.29mg (6.13%), Vitamin B2: 0.1mg (6.1%), Magnesium: 22.05mg (5.51%), Vitamin B5: 0.48mg (4.84%), Copper: 0.09mg (4.33%), Iron: 0.6mg (3.34%), Zinc: 0.44mg (2.94%)