



WHATSheATE



Carrots with pine nuts, raisins & parsley



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 800 g carrots halved
- ☐ 1 large knob butter
- ☐ 50 g pinenuts
- ☐ 50 g golden raisins
- ☐ 1 large pinch sugar
- ☐ 1 small handful parsley chopped

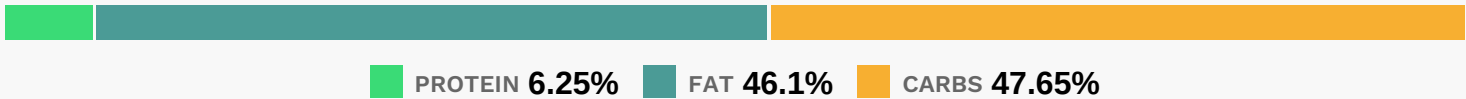
Equipment

- ☐ frying pan

Directions

- ☐ Put the carrots in a large pan and cover with water. Bring to the boil and cook for 6–8 mins until just tender, then drain. Can be done the day before; just chill the carrots until needed.
- ☐ Melt the butter in the same pan, add the pine nuts and sultanas, and cook for 2 mins until the pine nuts start to lightly brown. Return the carrots to the pan with the sugar, parsley and plenty of seasoning. Toss everything to coat.

Nutrition Facts



Properties

Glycemic Index:31.95, Glycemic Load:5.94, Inflammation Score:-10, Nutrition Score:11.830434742505%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 121.42kcal (6.07%), Fat: 6.68g (10.27%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 12.23g (4.45%), Sugar: 8.79g (9.77%), Cholesterol: 5.64mg (1.88%), Sodium: 87.04mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin A: 16815.53IU (336.31%), Manganese: 0.71mg (35.66%), Vitamin K: 25.17µg (23.97%), Fiber: 3.3g (13.19%), Potassium: 407.34mg (11.64%), Vitamin E: 1.32mg (8.77%), Vitamin C: 6.82mg (8.26%), Vitamin B6: 0.16mg (8.23%), Phosphorus: 79.04mg (7.9%), Copper: 0.15mg (7.55%), Magnesium: 30.18mg (7.54%), Vitamin B3: 1.34mg (6.68%), Vitamin B1: 0.09mg (5.99%), Folate: 22.15µg (5.54%), Vitamin B2: 0.09mg (5.03%), Zinc: 0.67mg (4.47%), Iron: 0.79mg (4.38%), Calcium: 38.63mg (3.86%), Vitamin B5: 0.31mg (3.06%)