



Carrots With Raisin-Fennel Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bunches baby carrots trimmed halved lengthwise preferably rainbow
- ☐ 1 bay leaf
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup cooking wine dry white
- ☐ 1 teaspoon fennel seeds
- ☐ 6 servings chives fresh chopped for topping
- ☐ 1 clove garlic thinly sliced
- ☐ 0.3 cup golden raisins

- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup citrus champagne vinegar

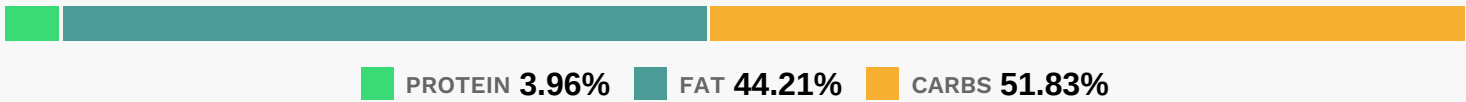
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine 2 cups water, the wine, vinegar, olive oil, fennel seeds, garlic, bay leaf, 1/2 teaspoon salt, and pepper to taste in a deep skillet. Bring to a simmer over medium heat, then add the carrots and reduce the heat to medium low; cover and cook until just tender, 25 to 30 minutes.
- ☐ Transfer the carrots to a bowl using a slotted spoon.
- ☐ Add the raisins to the skillet, increase the heat to medium high and cook until the vinaigrette is reduced to 1 cup, 15 to 20 minutes. Discard the bay leaf, then pour the vinaigrette over the carrots and let cool. Cover and refrigerate at least 2 hours or overnight.
- ☐ Remove the carrots from the vinaigrette and arrange on a platter.
- ☐ Whisk the mustard into the vinaigrette; season with salt and pepper.
- ☐ Drizzle over the carrots; sprinkle with chives. (Refrigerate any remaining vinaigrette for up to 1 week.)
- ☐ Per serving: Calories: 150; Total Fat: 9.5 grams; Saturated Fat: 1 gram; Protein: 1 gram; Total carbohydrates: 12 grams; Sugar: 7 grams; Fiber: 2.5 grams; Cholesterol: 0 milligrams; Sodium: 228 milligrams
- ☐ Photograph by Gentl & Hyers

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:14.418695677882%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 216.91kcal (10.85%), Fat: 9.47g (14.56%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 17.92g (6.52%), Sugar: 14.73g (16.37%), Cholesterol: 0mg (0%), Sodium: 401.7mg (17.47%), Alcohol: 4.12g (100%), Alcohol %: 1.71% (100%), Protein: 1.91g (3.81%), Vitamin A: 31074.33IU (621.49%), Fiber: 7.05g (28.19%), Vitamin K: 29.12µg (27.73%), Manganese: 0.46mg (23.02%), Potassium: 629.07mg (17.97%), Folate: 62.6µg (15.65%), Vitamin B6: 0.29mg (14.35%), Iron: 2.49mg (13.85%), Copper: 0.26mg (12.96%), Vitamin B5: 0.94mg (9.42%), Calcium: 87.73mg (8.77%), Vitamin E: 1.31mg (8.76%), Vitamin C: 6.97mg (8.45%), Phosphorus: 84.43mg (8.44%), Magnesium: 32.46mg (8.12%), Vitamin B3: 1.41mg (7.04%), Vitamin B2: 0.1mg (6.07%), Vitamin B1: 0.08mg (5.19%), Selenium: 3.04µg (4.34%), Zinc: 0.5mg (3.31%)