



Carrots with Rum Raisins

 Gluten Free

READY IN



103 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup rum
- 0.5 cup raisins
- 8 pearl onions peeled cut in half
- 3 tablespoons butter
- 2 pounds baby carrots
- 0.3 cup wine dry white
- 0.8 teaspoon optional: dill dried fresh finely chopped
- 0.8 teaspoon salt

- 0.3 teaspoon pepper red crushed
- 0.8 cup whipping cream (heavy)

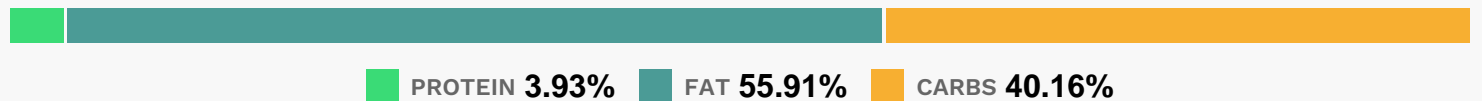
Equipment

- sauce pan

Directions

- Pour rum over raisins.
- Let stand 30 minutes.
- Cook onions in butter in 3-quart saucepan over low heat 5 minutes, stirring occasionally, until onions begin to soften. Stir in carrots and raisins (with rum). Cook, stirring occasionally, until liquid has evaporated. Stir in wine, dill weed, salt and red pepper.
- Cover and cook over medium heat 25 minutes, stirring occasionally, until carrots are tender.
- Stir in whipping cream.
- Heat to boiling. Boil uncovered 5 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:10.591304382552%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 235.15kcal (11.76%), Fat: 12.52g (19.26%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 15.79g (5.74%), Sugar: 7.42g (8.25%), Cholesterol: 25.21mg (8.4%), Sodium: 367.41mg (15.97%), Alcohol: 6.04g (100%), Alcohol %: 3.72% (100%), Protein: 1.98g (3.96%), Vitamin A: 16173.24IU (323.46%), Fiber: 4.44g (17.75%), Manganese: 0.25mg (12.52%), Potassium: 419.45mg (11.98%), Vitamin K: 11.6µg (11.05%), Folate: 37.67µg (9.42%), Vitamin B6: 0.19mg (9.34%), Copper: 0.16mg (7.96%), Iron: 1.38mg (7.64%), Vitamin C: 5.81mg (7.04%), Vitamin B2: 0.11mg (6.59%), Phosphorus: 63.99mg (6.4%), Calcium: 63.29mg (6.33%), Vitamin B5: 0.56mg (5.62%), Magnesium: 19.88mg (4.97%), Vitamin B1: 0.06mg (4.3%), Vitamin B3: 0.8mg (4.01%), Selenium: 1.92µg (2.74%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.36µg (2.38%), Zinc: 0.34mg (2.23%)