



Carrots with Shallots, Sage, and Thyme



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds carrots peeled
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 0.3 cup sage chopped
- ☐ 0.5 pound shallots thinly sliced
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 0.5 stick butter unsalted

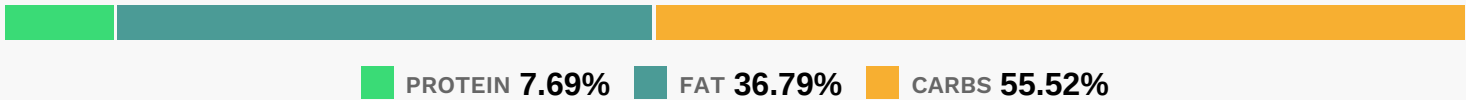
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut carrots into 3-by 1/2-inch sticks.
- ☐ Bring stock to a boil with 3/4 teaspoon salt and 1/2 teaspoon pepper in a 12-inch heavy skillet.
- ☐ Add carrots and simmer, covered, until just tender, about 15 minutes.
- ☐ Remove lid and boil until most of liquid has evaporated, about 5 minutes.
- ☐ Transfer carrots to a bowl and wipe out skillet.
- ☐ Cook shallots in butter with 1/2 teaspoon each of salt and pepper in skillet over medium heat, stirring occasionally, until golden-brown, about 6 minutes.
- ☐ Add sage, thyme, and nutmeg and cook, stirring, until very fragrant, 1 to 2 minutes.
- ☐ Remove from heat and return carrots to skillet, tossing to coat. Season with salt and pepper.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Cooks' note: .
- ☐ Carrots can be made 1 day ahead and chilled. Reheat over low heat.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:6.61, Inflammation Score:-10, Nutrition Score:16.194348021694%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 147.31kcal (7.37%), Fat: 6.4g (9.85%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 15.9g (5.78%), Sugar: 10.35g (11.5%), Cholesterol: 15.18mg (5.06%), Sodium: 130.5mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 28635.69IU (572.71%), Copper: 1.35mg (67.66%), Fiber: 5.83g (23.34%), Vitamin K: 23.17µg (22.07%), Potassium: 673.34mg (19.24%), Manganese: 0.38mg (19.18%), Vitamin B6: 0.34mg (16.94%), Vitamin C: 13.71mg (16.61%), Vitamin B3: 2.15mg (10.76%), Folate: 42.61µg (10.65%), Phosphorus: 88.3mg (8.83%), Vitamin B1: 0.13mg (8.76%), Vitamin E: 1.3mg (8.65%), Calcium: 75.82mg (7.58%), Magnesium: 29.01mg (7.25%), Vitamin B2: 0.12mg (7.07%), Iron: 1.11mg (6.19%), Vitamin B5: 0.56mg (5.58%), Zinc: 0.58mg (3.88%)