



Coxcomb Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds carrots
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt to taste

Equipment

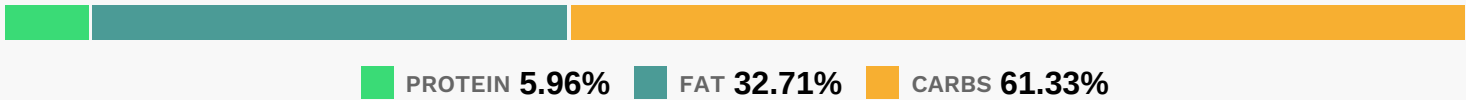
- ☐ frying pan
- ☐ oven
- ☐ knife

☐ spatula

Directions

- ☐ Peel 3 pounds of carrots (about 1/4 lb. each).
- ☐ Set 1 carrot at a time, flattest side down, between and parallel to 2 matching square dowels (plastic or wood) about 3/8 inch thick and 10 to 12 inches long.
- ☐ With a sharp knife, make crosswise cuts down to dowels, 1/4 inch apart, along the length of the carrot. Then cut the carrot in half lengthwise through the center of the crosscuts and cut or break each carrot half into 4 or 5 equal pieces.
- ☐ Put carrots in a 10- by 15-inch rimmed pan.
- ☐ Mix with 2 tablespoons olive oil and 1 1/2 tablespoons minced fresh ginger.
- ☐ Bake in a 400 oven until carrots are well browned and taste slightly caramelized, 1 hour to 1 hour and 10 minutes (about 50 minutes in a convection oven). Turn often with a wide spatula and move pieces that are less cooked to perimeter of pan. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:10.31, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:14.026087059923%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 135.64kcal (6.78%), Fat: 5.22g (8.04%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 15.65g (5.69%), Sugar: 10.78g (11.98%), Cholesterol: 0mg (0%), Sodium: 350.6mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 37888.57IU (757.77%), Vitamin K: 32.75µg (31.19%), Fiber: 6.39g (25.54%), Potassium: 733.1mg (20.95%), Manganese: 0.33mg (16.44%), Vitamin C: 13.47mg (16.33%), Vitamin B6: 0.32mg (15.79%), Vitamin E: 2.17mg (14.49%), Vitamin B3: 2.24mg (11.21%), Folate: 43.28µg (10.82%), Vitamin B1: 0.15mg (10.01%), Phosphorus: 79.97mg (8%), Vitamin B2: 0.13mg (7.77%), Calcium: 75.29mg (7.53%), Magnesium: 27.97mg (6.99%), Vitamin B5: 0.62mg (6.23%), Copper: 0.11mg (5.31%), Iron: 0.72mg (3.99%), Zinc: 0.55mg (3.67%)