



Cranberry-Jeweled Carrots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 6 cups carrots grated
- ☐ 1.5 cups cranberries fresh
- ☐ 3 granny smith apples cored peeled finely chopped
- ☐ 6 tablespoons brown sugar light packed
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons butter unsalted cut into pieces

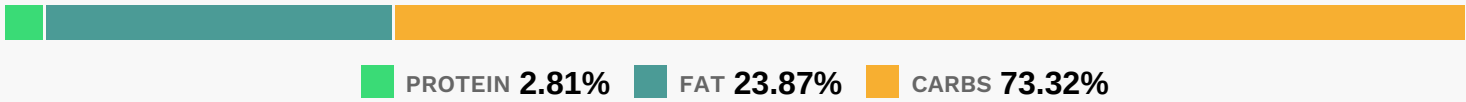
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Mist a 9-by-13-inch baking dish with cooking spray. In a large bowl, toss carrots, cranberries, apples, cider, brown sugar and salt and mix well.
- ☐ Transfer mixture to baking dish. Dot with butter.
- ☐ Tightly cover baking dish with foil and bake, stirring once or twice, until cranberries are soft and carrots are cooked through, 40 to 50 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:4.027826199632%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.85mg, Peonidin: 1.85mg, Peonidin: 1.85mg, Peonidin: 1.85mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 33.1kcal (1.65%), Fat: 0.93g (1.43%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.43g (1.97%), Sugar: 4.66g (5.18%), Cholesterol: 2.26mg (0.75%), Sodium: 101.46mg (4.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin A: 3243.46IU (64.87%), Fiber: 1.01g

(4.04%), Vitamin K: 3.1µg (2.95%), Vitamin C: 2.33mg (2.82%), Manganese: 0.05mg (2.52%), Potassium: 86.18mg (2.46%), Vitamin B6: 0.04mg (1.79%), Vitamin E: 0.23mg (1.5%), Vitamin B1: 0.02mg (1.09%), Vitamin B3: 0.21mg (1.05%), Folate: 4.14µg (1.04%)