



Crunchy Orange Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 pounds carrots
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 juice of orange
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 strips orange zest peeled

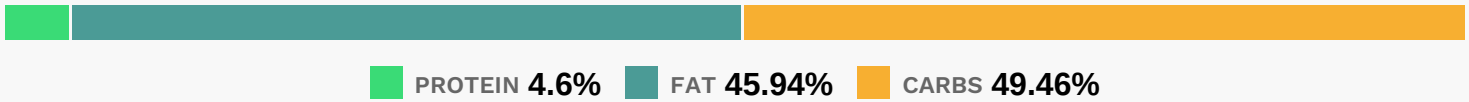
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the zest, juice, carrots, wine, oil, cumin, salt, and enough water to cover (about 3/4 cup). Bring to a boil. Reduce heat and simmer until almost tender but still slightly crisp in the center, 3 to 4 minutes.
- ☐ Transfer the carrots and the cooking liquid to a bowl. Season with the pepper. Cover and refrigerate until chilled through, about 40 minutes.
- ☐ Drain all but 1/2 cup of the cooking liquid before serving.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:9.7821738182203%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 106.77kcal (5.34%), Fat: 4.95g (7.62%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 12g (4%), Net Carbohydrates: 8.77g (3.19%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 854.57mg (37.16%), Alcohol: 2.06g (100%), Alcohol %: 1.8% (100%), Protein: 1.1g (2.23%), Vitamin A: 18955.44IU (379.11%), Vitamin K: 18µg (17.14%), Fiber: 3.22g (12.9%), Vitamin C: 9.42mg (11.41%), Potassium: 388.74mg (11.11%), Manganese: 0.2mg (9.94%), Vitamin E: 1.42mg (9.49%), Vitamin B6: 0.17mg (8.45%), Folate: 23.31µg (5.83%), Vitamin B3: 1.16mg (5.79%), Vitamin B1: 0.08mg (5.38%), Phosphorus: 44.31mg (4.43%), Vitamin B2: 0.07mg (4.15%), Calcium: 40.94mg (4.09%), Magnesium: 16.36mg (4.09%), Vitamin B5: 0.33mg (3.3%), Copper: 0.06mg (2.79%), Iron: 0.45mg (2.48%), Zinc: 0.3mg (2.01%)