



Cumin and Orange Glazed Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



10

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 pounds carrots peeled
- ☐ 1.5 teaspoons cumin seeds
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 navel oranges
- ☐ 3.5 tablespoons olive oil
- ☐ 1.3 teaspoons salt
- ☐ 1 tablespoon sugar

☐ 1.8 cups water

Equipment

☐ bowl

☐ frying pan

☐ baking paper

☐ knife

Directions

☐ Cut out a round from parchment paper to fit just inside a 12-inch heavy skillet (3 inches deep), then set round aside.

☐ Cut peel, including all white pith, from oranges with a sharp paring knife. Working over a bowl, cut segments free from membranes, letting segments fall into bowl, then squeeze 1/2 cup juice from membranes into another bowl (discard membranes). Chop orange segments and reserve.

☐ Cut a 1-inch-thick diagonal slice from a carrot and set aside, then roll carrot away from you 90 degrees and cut another 1-inch-thick diagonal slice. (Shape will resemble a trapezoidal log. If carrots are very thick, cut slices in half lengthwise as well).

☐ Cut up rest of carrot in same manner, then repeat with remaining carrots.

☐ Heat oil in skillet over moderate heat until hot but not smoking, then add cumin seeds and cook, stirring, until fragrant, about 1 minute.

☐ Add carrots, water, orange juice, lemon juice, sugar, salt, and pepper. Cover carrots directly with parchment round and simmer, stirring occasionally, 30 minutes.

☐ Remove parchment, then continue to simmer, stirring occasionally, until most of liquid is evaporated and carrots are tender and glazed, about 20 minutes more.

☐ Serve warm or at room temperature, sprinkled with chopped orange.

☐ Carrots can be cooked 3 hours ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



 PROTEIN 5.54%  FAT 31.84%  CARBS 62.62%

Properties

Glycemic Index:15.39, Glycemic Load:6.62, Inflammation Score:-10, Nutrition Score:14.708695714888%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg Naringenin: 3.02mg, Naringenin: 3.02mg, Naringenin: 3.02mg, Naringenin: 3.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 144.94kcal (7.25%), Fat: 5.48g (8.43%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 18.18g (6.61%), Sugar: 13.45g (14.95%), Cholesterol: 0mg (0%), Sodium: 419.03mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin A: 30419.13IU (608.38%), Vitamin C: 36.71mg (44.5%), Vitamin K: 27.08µg (25.79%), Fiber: 6.07g (24.28%), Potassium: 660.23mg (18.86%), Manganese: 0.3mg (14.78%), Vitamin B6: 0.29mg (14.33%), Vitamin E: 1.98mg (13.21%), Folate: 49.4µg (12.35%), Vitamin B1: 0.15mg (10.07%), Vitamin B3: 1.98mg (9.9%), Calcium: 82.83mg (8.28%), Vitamin B2: 0.13mg (7.56%), Phosphorus: 75.06mg (7.51%), Magnesium: 28.26mg (7.07%), Vitamin B5: 0.61mg (6.1%), Copper: 0.11mg (5.47%), Iron: 0.84mg (4.67%), Zinc: 0.49mg (3.27%)