



WHATSheATE



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.

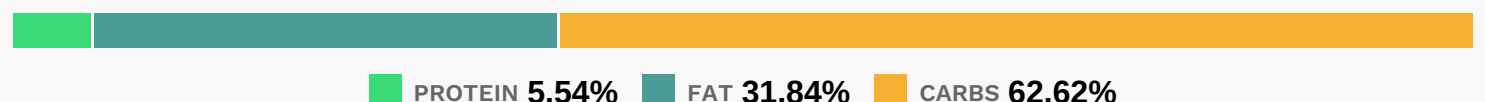
☐ Add carrots, water, orange juice, lemon juice, sugar, salt, and pepper. Cover carrots directly with parchment round and simmer, stirring occasionally, 30 minutes.

☐ 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



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%)