



## Ginger-Carrot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



10 kcal

SAUCE

### Ingredients

- 1 large carrots peeled thinly sliced
- 1 cup carrot juice fresh
- 1 piece ginger fresh finely grated chopped
- 2 tablespoons ground mustard
- 30 servings salt
- 0.3 teaspoon asian sesame oil
- 2 tablespoons sugar
- 1 tablespoon water

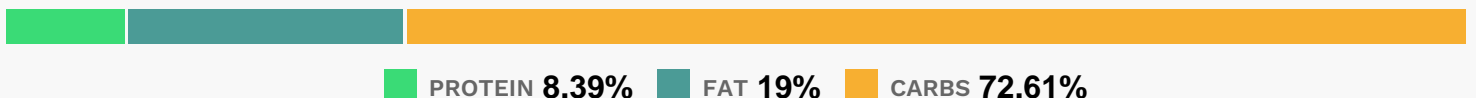
## Equipment

- food processor
- bowl
- sauce pan
- whisk
- sieve
- blender

## Directions

- In a saucepan, steam the carrot until tender, about 8 minutes.
- Let cool.
- In a food processor or blender, pulse the chopped ginger until minced.
- Scrape into a small sieve set over a medium bowl and press to extract the juice; discard the solids. Stir the carrot juice into the ginger juice.
- In a small saucepan, combine the sugar and water and bring to a boil.
- Remove from the heat and whisk to dissolve the sugar.
- Let cool.
- Whisk in the mustard powder, then cover and let stand for 5 minutes.
- Whisk in some of the carrot-ginger juice to loosen.
- Transfer the mixture to a blender.
- Add the remaining carrot-ginger juice and steamed carrot and puree.
- Transfer the sauce to a bowl. Stir in the grated ginger and sesame oil and season with salt.
- Transfer the sauce to jars and refrigerate.
- Make Ahead: The sauce can be refrigerated for 1 month.

## Nutrition Facts



## Properties

Glycemic Index:5.83, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:2.2965217595515%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 10.06kcal (0.5%), Fat: 0.22g (0.35%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.26g (1.39%), Cholesterol: 0mg (0%), Sodium: 200.76mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin A: 1905.51IU (38.11%), Vitamin K: 1.57µg (1.49%), Selenium: 1.03µg (1.47%), Manganese: 0.03mg (1.31%), Vitamin B6: 0.02mg (1.13%), Vitamin C: 0.86mg (1.04%)