



WHATSheATE



Ginger-Rum Carrots



Vegetarian



Gluten Free

READY IN



62 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter
- ☐ 4 pounds carrots
- ☐ 7 cups chicken broth
- ☐ 2 inch ginger fresh peeled sliced into 6 pieces
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

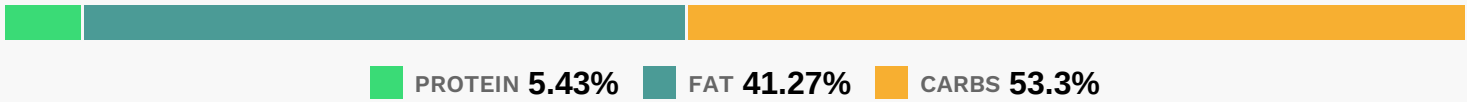
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a Dutch oven; bring to a boil.
- ☐ Add carrots; reduce heat, and simmer, uncovered, 12 minutes or until almost tender.
- ☐ Drain; discard ginger slices. Set carrots aside.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion, minced ginger, and garlic; saut 2 to 3 minutes or until onion is tender.
- ☐ Add reserved carrot, salt, and pepper; saut 3 more minutes. Stir in rum, if desired, and vanilla; cook 1 minute.
- ☐ Place sliced carrots in a zip-top plastic bag, and store in refrigerator up to 2 days. Or for extra convenience, use packaged baby carrots.

Nutrition Facts



Properties

Glycemic Index:28.59, Glycemic Load:12.96, Inflammation Score:-10, Nutrition Score:13.213043420211%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 209.57kcal (10.48%), Fat: 10.05g (15.46%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 23.97g (8.72%), Sugar: 19.54g (21.71%), Cholesterol: 27.69mg (9.23%), Sodium: 925.49mg (40.24%), Alcohol: 0.07g (100%), Alcohol %: 0.02% (100%), Protein: 2.98g (5.95%), Vitamin A: 30598.19IU (611.96%), Vitamin K: 24.85µg (23.67%), Fiber: 5.23g (20.92%), Manganese: 0.36mg (18.21%), Potassium: 633.98mg (18.11%), Vitamin C: 11.33mg (13.73%), Vitamin B6: 0.27mg (13.38%), Vitamin B2: 0.21mg (12.41%), Vitamin B3: 2.18mg (10.9%), Vitamin B1: 0.16mg (10.58%), Vitamin E: 1.54mg (10.24%), Folate: 35.91µg (8.98%), Phosphorus: 75.93mg (7.59%), Calcium: 72.05mg (7.2%), Magnesium: 25.51mg (6.38%), Copper: 0.12mg (5.88%), Vitamin B5: 0.54mg (5.38%), Iron: 0.71mg (3.93%), Zinc: 0.59mg (3.91%), Selenium: 1.14µg (1.63%)