



WHATSheATE

Ginger-Scented Carrots with Tangerine Zest & Chives



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 2 pound carrots peeled
- ☐ 2 tablespoon chives minced
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoon tangerine juice fresh
- ☐ 2 2 tangerines

- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 teaspoon pepper white

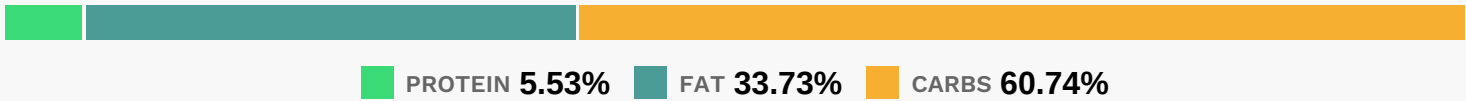
Equipment

- ☐ frying pan

Directions

- ☐ Place the carrots in a covered steamer set over simmering water. Cook until crisp-tender, about 6 minutes.
- ☐ Remove from heat and set aside up to 4 hours ahead.In a large saute pan, heat the olive oil over medium heat.
- ☐ Add the ginger and stir until fragrant. Stir in the zest, then add the carrots, tossing to coat.
- ☐ Add the chives, butter, tangerine juice, salt and white pepper. Toss again to coat well.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:12.087826059888%

Flavonoids

Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 117.83kcal (5.89%), Fat: 4.7g (7.23%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 14.22g (5.17%), Sugar: 10.79g (11.99%), Cholesterol: 5.02mg (1.67%), Sodium: 299.13mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin A: 25573.12IU (511.46%), Vitamin C: 18.82mg (22.81%), Vitamin K: 23.66µg (22.53%), Fiber: 4.82g (19.3%), Potassium: 546.33mg (15.61%), Manganese: 0.24mg (11.91%), Vitamin B6: 0.24mg (11.78%), Vitamin E: 1.46mg (9.71%), Folate: 34.83µg (8.71%), Vitamin B3: 1.61mg (8.06%), Vitamin B1: 0.12mg (8.04%), Calcium: 63.53mg (6.35%), Phosphorus: 60.88mg (6.09%), Vitamin B2: 0.1mg

(5.96%), Magnesium: 22.75mg (5.69%), Vitamin B5: 0.49mg (4.89%), Copper: 0.09mg (4.26%), Iron: 0.55mg (3.07%), Zinc: 0.4mg (2.63%)