



Glazed Carrots and Cipollini Onions with Coriander and Orange



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 1.5 pounds carrots peeled cut into (1/2-inch) diagonal slices
- ☐ 2 tablespoons sherry vinegar
- ☐ 1.3 pounds cipollini onions peeled
- ☐ 1 teaspoon coriander seeds crushed

- ☐ 2 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

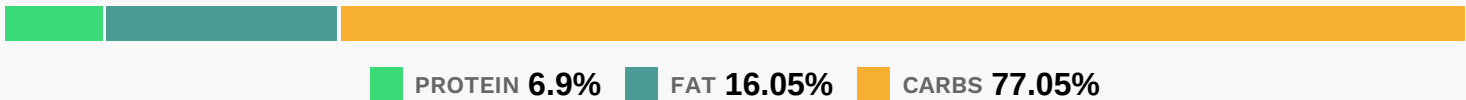
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onions, and saut 3 minutes or until golden.
- ☐ Add water and next 6 ingredients (through carrots); bring to a boil. Reduce heat; simmer 18 minutes or until vegetables are tender and liquid almost evaporates, stirring occasionally.
- ☐ Remove from heat; stir in cilantro, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:10.297826046043%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 14.64mg, Quercetin: 14.64mg, Quercetin: 14.64mg, Quercetin: 14.64mg

Nutrients (% of daily need)

Calories: 93.7kcal (4.68%), Fat: 1.76g (2.71%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 15.28g (5.56%), Sugar: 10.82g (12.02%), Cholesterol: 3.76mg (1.25%), Sodium: 220.99mg (9.61%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin A: 14282.17IU (285.64%), Vitamin C: 15.87mg (19.23%), Fiber: 3.76g (15.03%), Potassium: 407.25mg (11.64%), Manganese: 0.23mg (11.58%), Vitamin K: 12.06µg (11.48%), Vitamin B6: 0.21mg (10.43%), Folate: 32.96µg (8.24%), Vitamin B1: 0.1mg (6.61%), Phosphorus: 54.14mg (5.41%), Calcium: 52.13mg (5.21%), Magnesium: 20.2mg (5.05%), Vitamin B3: 0.97mg (4.87%), Vitamin B2: 0.07mg (4.32%), Vitamin E: 0.62mg (4.16%), Copper: 0.08mg (4.04%), Vitamin B5: 0.35mg (3.48%), Iron: 0.51mg (2.86%), Zinc: 0.35mg (2.34%)