



Glazed Carrots Asian Style



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon five-spice powder chinese
- ☐ 6 large carrots halved
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons soya sauce light
- ☐ 3 tablespoons rice vinegar
- ☐ 2 teaspoons sesame oil

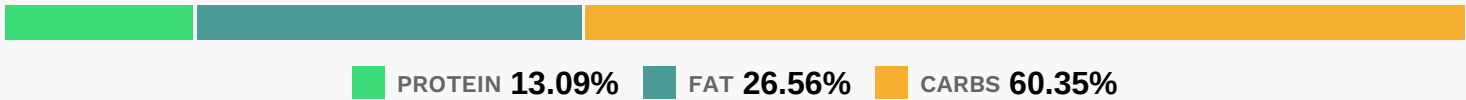
Equipment

- ☐ pot
- ☐ grill

Directions

- ☐ Bring a large pot of water to boil, add the carrots and parboil for 5 minutes.
- ☐ Drain and rinse with cold water.
- ☐ In a large glass dish, combine the remaining ingredients.
- ☐ Add the carrots and marinate for 30 minutes.
- ☐ Prepare an outdoor grill with an oiled rack set 4 inches from the heat source. Using a oiled wire hinged vegetable basket or just directly on the rack (whichever you find easier), grill the carrots, turning constantly for a total of 10 minutes, until slightly charred.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:8.0782608713793%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 50.73kcal (2.54%), Fat: 1.55g (2.39%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 5.79g (2.1%), Sugar: 3.59g (3.99%), Cholesterol: 0mg (0%), Sodium: 552.86mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin A: 12028.93IU (240.58%), Vitamin K: 9.7µg (9.24%), Manganese: 0.17mg (8.72%), Fiber: 2.15g (8.59%), Potassium: 258.82mg (7.39%), Vitamin B6: 0.13mg (6.6%), Vitamin C: 4.63mg (5.61%), Vitamin B3: 1.08mg (5.4%), Phosphorus: 39.71mg (3.97%), Folate: 15.42µg (3.86%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.06mg (3.37%), Vitamin E: 0.5mg (3.31%), Magnesium: 13.14mg (3.29%), Calcium: 29.03mg (2.9%), Iron: 0.52mg (2.86%), Copper: 0.05mg (2.55%), Vitamin B5: 0.24mg (2.39%), Zinc: 0.23mg (1.57%)