



Honey-Glazed Carrots and Shallots

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb carrots (10 medium)
- ☐ 1 cup chicken broth
- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup port wine white
- ☐ 0.8 teaspoon salt

- ☐ 1 lb shallots trimmed peeled
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Spread carrots and shallots evenly in a 12-inch heavy skillet, then dot with butter and sprinkle with salt.
- ☐ Whisk together water, broth, Port, and honey and pour over vegetables. Cover skillet with a lid (or tightly with foil) and simmer over moderate heat until vegetables are tender when pierced with a paring knife, about 20 minutes.
- ☐ Transfer vegetables with a slotted spoon to a bowl and boil liquid over moderately high heat, uncovered, until syrupy and reduced to about 3 tablespoons, about 15 minutes. Return vegetables to skillet and gently stir to coat with glaze.
- ☐ Sprinkle with dill and chives (if using) and pepper.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:15.99, Inflammation Score:-10, Nutrition Score:15.003043442965%

Flavonoids

Petunidin: 0.88mg, Petunidin: 0.88mg, Petunidin: 0.88mg, Petunidin: 0.88mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 12.64mg, Malvidin: 12.64mg, Malvidin: 12.64mg, Malvidin: 12.64mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 231.14kcal (11.56%), Fat: 4.31g (6.63%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 38.06g (13.84%), Sugar: 29.79g (33.1%), Cholesterol: 10.82mg (3.61%), Sodium: 554.86mg (24.12%), Alcohol: 2.04g (100%), Alcohol %: 0.71% (100%), Protein: 3.69g (7.38%), Vitamin A: 25397.01IU (507.94%), Fiber: 6.72g (26.88%), Manganese: 0.5mg (24.96%), Vitamin B6: 0.47mg (23.74%), Potassium: 768.96mg (21.97%), Vitamin K: 21.74µg (20.7%), Vitamin C: 15.28mg (18.53%), Folate: 55.36µg (13.84%), Vitamin B1: 0.16mg (10.43%), Phosphorus: 103.27mg (10.33%), Magnesium: 36.98mg (9.25%), Vitamin B3: 1.78mg (8.9%), Calcium: 85.45mg (8.54%), Iron: 1.52mg (8.44%), Copper: 0.17mg (8.27%), Vitamin B2: 0.14mg (8.1%), Vitamin E: 1.15mg (7.69%), Vitamin B5: 0.66mg (6.6%), Zinc: 0.76mg (5.05%), Selenium: 1.49µg (2.12%)