

Mexican Hot Carrots

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



510 min.

SERVINGS



8

CALORIES



52 kcal

SIDE DISH

Ingredients

- 6 carrots peeled sliced
- 16 ounce jalapeno with liquid sliced
- 2 onion thinly sliced
- 1 cup vinegar

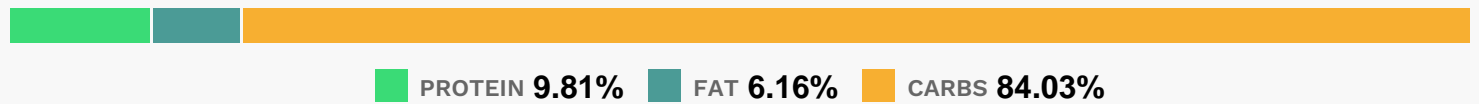
Equipment

- sauce pan

Directions

- Place the carrots in a saucepan with enough water to cover and cook over medium heat until nearly boiling, 7 to 10 minutes. Immediately drain the carrots and set aside to cool.
- Divide the cooled carrots into two 1-quart glass jars. Alternate layers of onion and jalapeno peppers atop the carrots until the jars are full.
- Mix the liquid from the jalapeno peppers and the vinegar in a saucepan; bring the mixture to a rolling boil.
- Remove from heat and pour the liquid into the jars until full. Seal the jars with lids.
- Place the jars in the refrigerator until cold, at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:13.510434806347%

Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 51.94kcal (2.6%), Fat: 0.35g (0.53%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 35.01mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Vitamin A: 8254.76IU (165.1%), Vitamin C: 71.98mg (87.25%), Vitamin B6: 0.33mg (16.69%), Vitamin K: 16.64µg (15.85%), Vitamin E: 2.34mg (15.58%), Fiber: 3.34g (13.34%), Potassium: 327.8mg (9.37%), Manganese: 0.17mg (8.67%), Folate: 29.23µg (7.31%), Vitamin B3: 1.21mg (6.04%), Vitamin B1: 0.07mg (4.37%), Vitamin B2: 0.07mg (4.33%), Magnesium: 17.06mg (4.27%), Phosphorus: 40mg (4%), Vitamin B5: 0.34mg (3.37%), Calcium: 30.14mg (3.01%), Copper: 0.06mg (2.97%), Iron: 0.35mg (1.92%), Zinc: 0.24mg (1.59%)