

Moroccan Carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

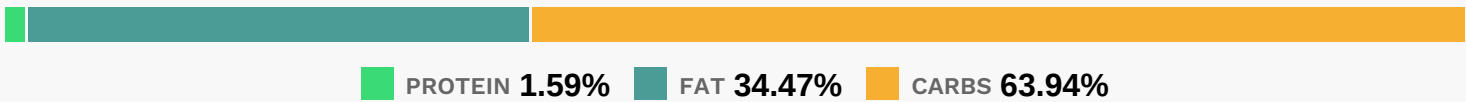
- ☐ 3 cups carrots coarsely chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup honey
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon vinegar

Equipment

Directions

- ☐ Cook carrot in boiling salted water to cover 5 minutes or until al dente.
- ☐ Drain.
- ☐ Toss carrot with remaining ingredients.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:21.27, Inflammation Score:-10, Nutrition Score:11.003043428711%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 265.01kcal (13.25%), Fat: 10.77g (16.56%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 41.8g (15.2%), Sugar: 39.38g (43.75%), Cholesterol: 0mg (0%), Sodium: 69.02mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin A: 16130.37IU (322.61%), Vitamin K: 35.86µg (34.16%), Manganese: 0.43mg (21.46%), Vitamin E: 2.17mg (14.45%), Fiber: 3.14g (12.58%), Potassium: 344.24mg (9.84%), Vitamin C: 7.26mg (8.79%), Vitamin B6: 0.15mg (7.38%), Vitamin B3: 1.06mg (5.32%), Folate: 20.76µg (5.19%), Vitamin B2: 0.07mg (4.35%), Vitamin B1: 0.06mg (4.31%), Calcium: 41.59mg (4.16%), Iron: 0.73mg (4.06%), Phosphorus: 37.24mg (3.72%), Magnesium: 14.3mg (3.58%), Copper: 0.06mg (3.23%), Vitamin B5: 0.3mg (3%), Zinc: 0.36mg (2.42%), Selenium: 0.75µg (1.07%)