

Moroccan Carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1.8 pounds diagonally cut carrot



0.3 teaspoon cumin seeds



1.5 tablespoons cilantro leaves fresh chopped



3 garlic cloves thinly sliced



0.3 teaspoon ground cumin



1 teaspoon honey



2 teaspoons olive oil

☐ 0.5 teaspoon salt

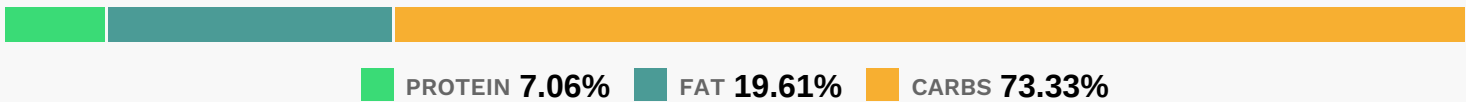
Equipment

☐ frying pan

Directions

- ☐ Steam carrots, covered, 14 minutes or until tender.
- ☐ Drain.
- ☐ Meanwhile, heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic and cumin seeds; saut 1 1/2 minutes or until lightly browned. Stir in carrots, cilantro, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:33.85, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:10.271739088971%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 72.88kcal (3.64%), Fat: 1.7g (2.62%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 10.52g (3.82%), Sugar: 7.25g (8.05%), Cholesterol: 0mg (0%), Sodium: 285.76mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin A: 22111.58IU (442.23%), Vitamin K: 18.88µg (17.98%), Fiber: 3.8g (15.2%), Potassium: 435.74mg (12.45%), Manganese: 0.24mg (12.15%), Vitamin B6: 0.2mg (10.14%), Vitamin C: 8.32mg (10.08%), Vitamin E: 1.08mg (7.17%), Vitamin B3: 1.32mg (6.62%), Folate: 25.31µg (6.33%), Vitamin B1: 0.09mg (6.11%), Phosphorus: 49.79mg (4.98%), Calcium: 48.93mg (4.89%), Vitamin B2: 0.08mg (4.7%), Magnesium: 17.2mg (4.3%), Vitamin B5: 0.37mg (3.74%), Copper: 0.07mg (3.42%), Iron: 0.56mg (3.14%), Zinc: 0.35mg (2.32%)