

Moroccan Spiced Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients



4 servings apple cider vinegar



2 tablespoon canola oil



1 pound carrots peeled cut into slices 1/



0.3 teaspoon cayenne pepper to taste (or)



1 leaf flat parsley minced for garnish



2 clove garlic cloves minced peeled



0.5 teaspoon kosher salt



1 teaspoon sugar

- ☐ 1 paprika sweet
- ☐ 0.3 cup water

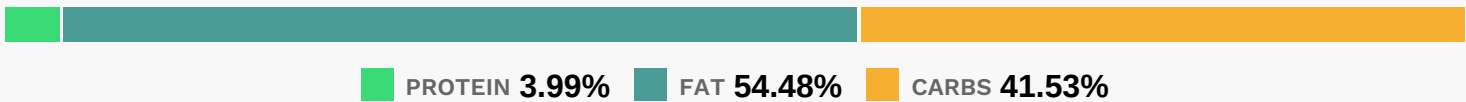
Equipment

- ☐ frying pan

Directions

- ☐ In a medium skillet heat the oil until warm then add paprika, cayenne, garlic and sugar over medium-high heat until mixture begins to foam.
- ☐ Add carrots, and water. Cook over medium-low until carrots soften some, but still retain much of their crispness, 4-5 minutes.
- ☐ Add vinegar, and salt. Cook, uncovered, stirring often until carrots are lightly glazed. 2-3 minutes more minutes. Cool to room temperature, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:66.48, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:10.179130377977%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 115.86kcal (5.79%), Fat: 7.34g (11.29%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 9.25g (3.36%), Sugar: 6.43g (7.15%), Cholesterol: 0mg (0%), Sodium: 370.33mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin A: 19140.63IU (382.81%), Vitamin K: 24.39µg (23.22%), Vitamin E: 2.09mg (13.91%), Fiber: 3.34g (13.34%), Potassium: 379.3mg (10.84%), Manganese: 0.2mg (9.87%), Vitamin C: 7.59mg (9.2%), Vitamin B6: 0.18mg (9.19%), Vitamin B3: 1.16mg (5.82%), Folate: 22.23µg (5.56%), Vitamin B1: 0.08mg (5.29%), Phosphorus: 43.36mg (4.34%), Vitamin B2: 0.07mg (4.24%), Calcium: 41.94mg (4.19%), Magnesium: 14.95mg (3.74%), Vitamin B5: 0.33mg (3.26%), Copper: 0.06mg (3.04%), Iron: 0.45mg (2.49%), Zinc: 0.31mg (2.06%)