



WHATSheATE



New season carrots with tarragon



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients



700 g carrots peeled



25 g butter



6 servings salt and pepper black



1 tbsp tarragon fresh chopped

Equipment

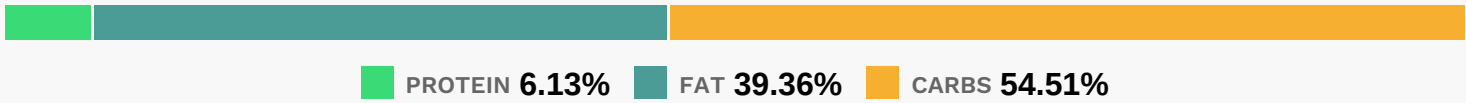


frying pan

Directions

- ☐ Put the young peeled carrots (with tops attached if you can get them) in a pan of boiling salted water and cook for 4–5 minutes until almost tender.
- ☐ Drain, put into a pan with a close-fitting lid, then add butter, some sea salt and black pepper.
- ☐ Put on a high heat and, as soon as the butter is melted, add chopped fresh tarragon leaves and jumble gently together. Tip the carrots and cooking juices into a warm dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:9.6756521991414%

Flavonoids

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 80.07kcal (4%), Fat: 3.72g (5.72%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 8.26g (3%), Sugar: 5.53g (6.15%), Cholesterol: 8.96mg (2.99%), Sodium: 301.58mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin A: 19628.06IU (392.56%), Vitamin K: 15.69µg (14.94%), Fiber: 3.33g (13.3%), Manganese: 0.23mg (11.55%), Potassium: 398.53mg (11.39%), Vitamin B6: 0.18mg (9.02%), Vitamin C: 7.28mg (8.83%), Folate: 24.48µg (6.12%), Vitamin B3: 1.22mg (6.1%), Vitamin E: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.28%), Calcium: 48.73mg (4.87%), Vitamin B2: 0.08mg (4.69%), Phosphorus: 44.34mg (4.43%), Magnesium: 16.86mg (4.22%), Iron: 0.61mg (3.39%), Vitamin B5: 0.32mg (3.23%), Copper: 0.06mg (2.9%), Zinc: 0.32mg (2.1%)