



WHATSheATE



Pomegranate-Glazed Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients



0.1 teaspoon pepper black



1 pound carrots



1 stick cinnamon (3-inch)



0.8 teaspoon coriander seeds crushed toasted



1 tablespoon olive oil



1 cup pomegranate juice



0.5 teaspoon salt

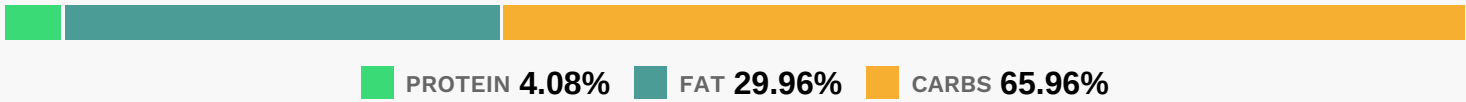
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking.
- ☐ Add carrots and saut, stirring occasionally, 5 minutes.
- ☐ Add pomegranate juice, cinnamon stick, salt, and pepper and simmer, uncovered, stirring occasionally, until carrots are tender and liquid is reduced to a glaze, 20 to 25 minutes.
- ☐ Add coriander seeds and cook, stirring, 1 minute. Discard cinnamon stick and serve carrots hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:8.8586956431036%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 76.32kcal (3.82%), Fat: 2.69g (4.14%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 10.73g (3.9%), Sugar: 8.83g (9.81%), Cholesterol: 0mg (0%), Sodium: 249.89mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin A: 12631.47IU (252.63%), Vitamin K: 15.95µg (15.19%), Manganese: 0.26mg (13%), Fiber: 2.58g (10.33%), Potassium: 337.02mg (9.63%), Vitamin E: 1.01mg (6.71%), Vitamin B6: 0.12mg (6.1%), Folate: 24.37µg (6.09%), Vitamin C: 4.58mg (5.55%), Vitamin B3: 0.85mg (4.27%), Vitamin B1: 0.06mg (3.79%), Calcium: 37.46mg (3.75%), Magnesium: 13.23mg (3.31%), Vitamin B5: 0.33mg (3.27%), Phosphorus: 32.49mg (3.25%), Vitamin B2: 0.05mg (3.01%), Copper: 0.05mg (2.39%), Iron: 0.38mg (2.09%), Zinc: 0.24mg (1.61%)