



Refrigerator Pickled Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 1 cinnamon sticks
- ☐ 1 cup sugar white
- ☐ 1 cup vinegar white

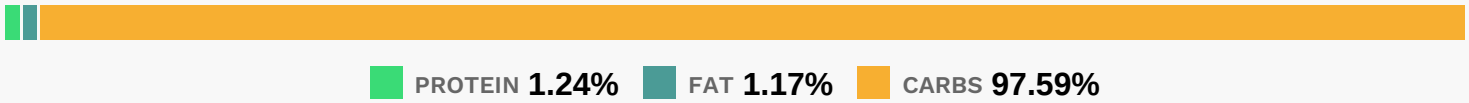
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of lightly salted water to a boil. Cook carrots in boiling water until tender but not mushy, about 15 minutes; drain.
- ☐ Stir sugar, vinegar, and cloves together in a saucepan; drop in cinnamon stick and bring mixture to a boil. Stir until sugar dissolves.
- ☐ Transfer carrots to a bowl and pour syrup over carrots. Cover tightly; refrigerate until chilled and flavors have blended, 3 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:13.97, Inflammation Score:-10, Nutrition Score:6.2543478318207%

Nutrients (% of daily need)

Calories: 98.33kcal (4.92%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 22.45g (8.16%), Sugar: 22.14g (24.6%), Cholesterol: 0mg (0%), Sodium: 36.13mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin A: 6256.07IU (125.12%), Manganese: 0.14mg (7.22%), Fiber: 1.5g (6.01%), Vitamin K: 4.37µg (4.16%), Potassium: 109.92mg (3.14%), Folate: 12.27µg (3.07%), Iron: 0.45mg (2.5%), Copper: 0.05mg (2.47%), Vitamin B6: 0.05mg (2.41%), Calcium: 19.75mg (1.98%), Vitamin B5: 0.18mg (1.83%), Vitamin C: 1.19mg (1.45%), Phosphorus: 13.94mg (1.39%), Vitamin B3: 0.26mg (1.28%), Magnesium: 5mg (1.25%), Vitamin B2: 0.02mg (1.19%)