



Roasted Baby Carrots with Marmalade

 Vegetarian  Gluten Free  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 small baby carrots trimmed peeled
- 1 teaspoon cumin seeds
- 1 tablespoon dijon mustard
- 0.3 cup wine dry white
- 2 tablespoons chives fresh minced
- 0.5 cup orange marmalade
- 1 tablespoon butter unsalted
- 0.3 cup vegetable stock

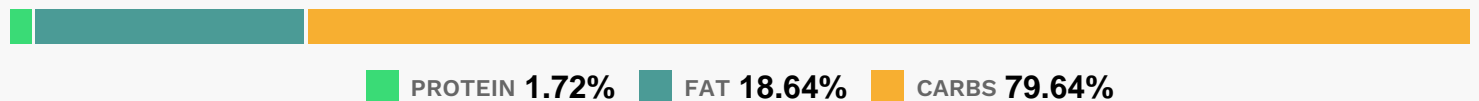
Equipment

- frying pan
- oven
- whisk

Directions

- Heat the oven to 425°F and arrange a rack in the middle.
- Combine marmalade, wine, cumin seed, broth, and mustard in a large oven-safe frying pan.
- Place the pan over high heat and whisk until all ingredients are evenly combined. Bring mixture to a boil and add carrots; season with salt and freshly ground black pepper and stir to coat the carrots.
- Transfer the frying pan to the oven. Roast the carrots, turning them occasionally if they begin to get too dark, until the liquid has reduced to a glaze and the carrots are tender, about 30 minutes.
- Remove from the oven, toss in butter, and sprinkle with chives.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:6.3256520943149%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 151.64kcal (7.58%), Fat: 3.13g (4.81%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.66g (10.42%), Sugar: 25.79g (28.66%), Cholesterol: 7.53mg (2.51%), Sodium: 147.82mg (6.43%), Alcohol: 1.54g (100%), Alcohol %: 1.8% (100%), Protein: 0.65g (1.3%), Vitamin A: 4354.86IU (87.1%), Vitamin K: 6.4µg (6.1%), Fiber: 1.4g (5.61%), Manganese: 0.11mg (5.44%), Vitamin C: 3.63mg (4.39%), Iron: 0.78mg (4.35%), Copper: 0.08mg (3.83%), Calcium: 35.39mg (3.54%), Folate: 13.84µg (3.46%), Potassium: 116.39mg (3.33%), Vitamin B6: 0.05mg (2.68%), Selenium: 1.87µg (2.68%), Magnesium: 9.63mg (2.41%), Phosphorus: 20.95mg (2.1%), Vitamin B2: 0.03mg (1.77%), Vitamin B1: 0.02mg (1.55%), Vitamin B5: 0.15mg (1.53%), Vitamin B3: 0.26mg (1.29%)