



Sesame baby carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 450 g carrots
- ☐ 25 g butter
- ☐ 1 tsp g muscovado sugar light
- ☐ 1 tbsp sesame oil
- ☐ 1 tbsp sesame seed toasted

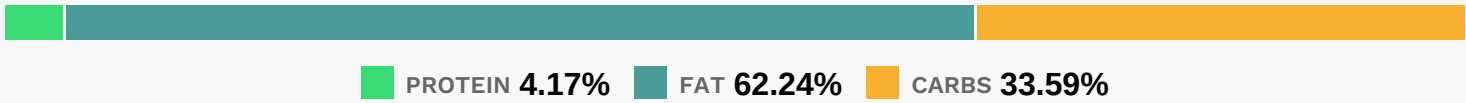
Equipment

- ☐ frying pan

Directions

- ☐ Place the carrots in a large frying pan in one layer. Dot over the butter and half cover with 200ml cold water. Bring to the boil, then simmer for about 8 mins until the liquid is almost all evaporated.
- ☐ Sprinkle with sugar, add the sesame oil and toss the carrots in the buttery juices over a low heat for about 4 mins until glossy.
- ☐ Serve mixed with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:10.053478305754%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 137.81kcal (6.89%), Fat: 9.96g (15.32%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 8.68g (3.16%), Sugar: 6.12g (6.8%), Cholesterol: 13.44mg (4.48%), Sodium: 118.28mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin A: 18950.64IU (379.01%), Vitamin K: 15.76µg (15.01%), Fiber: 3.42g (13.66%), Manganese: 0.22mg (10.84%), Potassium: 373.09mg (10.66%), Vitamin B6: 0.17mg (8.68%), Vitamin C: 6.64mg (8.05%), Copper: 0.14mg (7.14%), Vitamin E: 0.94mg (6.28%), Vitamin B1: 0.09mg (6.16%), Calcium: 61.23mg (6.12%), Vitamin B3: 1.21mg (6.05%), Folate: 23.75µg (5.94%), Phosphorus: 55.06mg (5.51%), Magnesium: 21.59mg (5.4%), Vitamin B2: 0.07mg (4.29%), Iron: 0.67mg (3.73%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.45mg (3%), Selenium: 0.96µg (1.37%)