



Sesame Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



28 kcal

SIDE DISH

Ingredients



8 servings pepper black freshly ground



4 medium carrots



8 servings kosher salt



1 tablespoon sesame oil toasted

Equipment

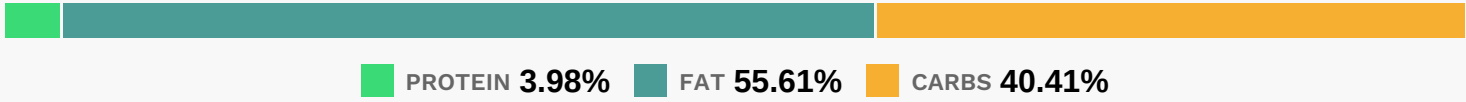


frying pan

Directions

- ☐ Peel and cut 4 medium carrots into longmatchstick-size pieces.
- ☐ Heat 1 tablespoon toastedsesame oil in a large skillet, preferablynonstick, over medium heat.
- ☐ Add carrots andcook, stirring occasionally, until just tender,3-4 minutes. Season with kosher salt andfreshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:5.6695651977283%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 28.23kcal (1.41%), Fat: 1.83g (2.81%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 214.85mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin A: 5095.88IU (101.92%), Vitamin K: 4.43µg (4.22%), Fiber: 0.88g (3.52%), Manganese: 0.06mg (2.84%), Potassium: 98.97mg (2.83%), Vitamin C: 1.8mg (2.18%), Vitamin B6: 0.04mg (2.12%), Vitamin E: 0.23mg (1.51%), Vitamin B3: 0.3mg (1.5%), Folate: 5.81µg (1.45%), Vitamin B1: 0.02mg (1.35%), Phosphorus: 10.83mg (1.08%), Calcium: 10.63mg (1.06%), Vitamin B2: 0.02mg (1.05%)