



Sherried Carrots with Ginger

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.7 pounds carrots maximum
- ☐ 3 tablespoons cooking sherry dry
- ☐ 0.5 cup ginger chips chopped
- ☐ 1 teaspoon parsley minced
- ☐ 4 servings salt and pepper

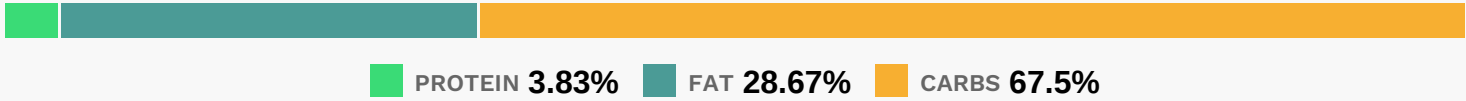
Equipment

- ☐ frying pan

Directions

- ☐ Peel carrots, trim ends, and rinse. Melt butter in a 12- to 14-inch frying pan over medium-high heat.
- ☐ Add carrots in a single layer and turn as needed until browned, 8 to 10 minutes.
- ☐ Add ginger, 3 tablespoons sherry, and 3 tablespoons water; mix, cover, reduce heat, and simmer until carrots are tender-crisp to bite, about 5 minutes. Stir in parsley and season to taste with salt and pepper.
- ☐ Arrange carrots on a platter and scrape ginger mixture evenly over them.
- ☐ Add more sherry to taste.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:6.05, Inflammation Score:-10, Nutrition Score:12.317391308429%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 193.26kcal (9.66%), Fat: 6.09g (9.37%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 26.96g (9.8%), Sugar: 22.32g (24.8%), Cholesterol: 0mg (0%), Sodium: 393.44mg (17.11%), Alcohol: 1.16g (100%), Alcohol %: 0.65% (100%), Protein: 1.83g (3.66%), Vitamin A: 31826.3IU (636.53%), Vitamin K: 25.4µg (24.19%), Fiber: 5.29g (21.17%), Potassium: 615.9mg (17.6%), Manganese: 0.28mg (14.2%), Vitamin C: 11.2mg (13.57%), Vitamin B6: 0.27mg (13.35%), Vitamin E: 1.46mg (9.76%), Vitamin B3: 1.87mg (9.36%), Folate: 36.13µg (9.03%), Vitamin B1: 0.13mg (8.4%), Phosphorus: 69.8mg (6.98%), Vitamin B2: 0.11mg (6.7%), Calcium: 65.64mg (6.56%), Magnesium: 24.03mg (6.01%), Vitamin B5: 0.53mg (5.27%), Copper: 0.09mg (4.28%), Iron: 0.6mg (3.34%), Zinc: 0.47mg (3.12%)