



Sherry Vinegar and Molasses Glazed Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 3 pounds carrots trimmed peeled (5 to 6 inches long)
- ☐ 0.5 teaspoon kosher salt ()
- ☐ 2 tablespoons blackstrap molasses light divided ()
- ☐ 2 tablespoons parsley fresh italian divided chopped
- ☐ 6 tablespoons sherry vinegar divided

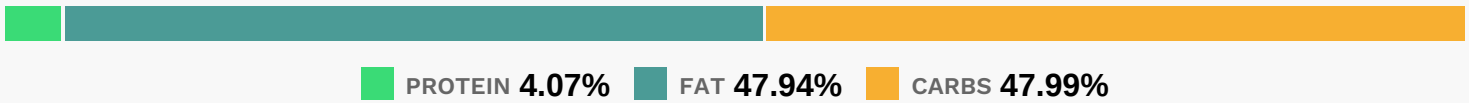
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in heavy extra-large skillet or pot over medium-high heat.
- ☐ Add carrots, 1 tablespoon molasses, and 1/2 teaspoon coarse salt; sauté until carrots are coated with butter mixture, about 1 minute.
- ☐ Add 4 tablespoons Sherry wine vinegar and enough water to almost cover carrots (about 4 cups) and bring to boil. Cover and boil 2 minutes. Uncover and boil until liquid is reduced to syrup and carrots are tender, stirring often, about 20 minutes. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Add remaining 1 tablespoon molasses and 2 tablespoons vinegar to carrots and toss over medium-high heat until carrots are heated through and thickly coated with glaze, about 3 minutes. Stir in 1 tablespoon parsley. Season carrots to taste with more coarse salt and generous amount of ground black pepper.
- ☐ Transfer carrots to large bowl; sprinkle with remaining 1 tablespoon parsley and serve.

Nutrition Facts



Properties

Glycemic Index: 17.28, Glycemic Load: 5.65, Inflammation Score: -10, Nutrition Score: 11.33434778128%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 129.62kcal (6.48%), Fat: 7.15g (11%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 12.27g (4.46%), Sugar: 9.45g (10.5%), Cholesterol: 18.06mg (6.02%), Sodium: 266.83mg (11.6%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.36g (2.73%), Vitamin A: 23010.45IU (460.21%), Vitamin K: 31.67µg (30.16%), Fiber: 3.84g (15.35%), Potassium: 503.83mg (14.4%), Manganese: 0.26mg (13.08%), Vitamin C: 9.14mg (11.08%), Vitamin B6: 0.22mg (10.78%), Vitamin E: 1.1mg (7.33%), Vitamin B3: 1.39mg (6.94%), Folate: 27.32µg (6.83%), Magnesium: 26.94mg (6.74%), Vitamin B1: 0.09mg (6.17%), Calcium: 56.84mg (5.68%), Phosphorus: 52.07mg (5.21%), Vitamin B2: 0.08mg (4.86%), Vitamin B5: 0.42mg (4.16%), Copper: 0.08mg (4.14%), Iron: 0.69mg

(3.83%), Zinc: 0.36mg (2.38%), Selenium: 0.93µg (1.33%)