

Smashed Carrots



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots peeled cut into 1-inch rounds
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 teaspoons honey
- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons shallots chopped
- ☐ 2 tablespoons butter unsalted

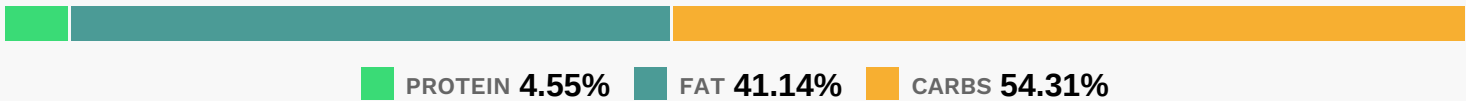
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Melt the butter in a heavy pan over medium heat.
- ☐ Add the shallots and saut until soft, about 3 minutes.
- ☐ Add the coriander and cook, stirring, for 30 seconds.
- ☐ Add the carrots, juice, honey, salt, pepper, and 1/2 cup water. Bring to a simmer.
- ☐ Cover and cook until the carrots are tender, about 20 minutes.
- ☐ Remove from heat, mash with a fork or potato masher, and serve.

Nutrition Facts



Properties

Glycemic Index:53.28, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:10.883478222334%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 125.87kcal (6.29%), Fat: 6.06g (9.33%), Saturated Fat: 3.64g (22.78%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 14.48g (5.27%), Sugar: 11.25g (12.5%), Cholesterol: 15.05mg (5.02%), Sodium: 80.17mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin A: 19181.96IU (383.64%), Vitamin C: 22.66mg (27.47%), Vitamin K: 15.69µg (14.95%), Fiber: 3.53g (14.14%), Potassium: 449.57mg (12.84%), Manganese: 0.2mg (10.08%), Vitamin B6: 0.19mg (9.37%), Folate: 32.84µg (8.21%), Vitamin B1: 0.11mg (7.12%), Vitamin B3: 1.26mg (6.31%), Vitamin E: 0.93mg (6.18%), Phosphorus: 50.96mg (5.1%), Magnesium: 19.27mg (4.82%), Vitamin B2: 0.08mg (4.75%), Calcium: 46.79mg (4.68%), Vitamin B5: 0.39mg (3.94%), Copper: 0.08mg (3.76%), Iron: 0.53mg (2.94%), Zinc: 0.33mg (2.23%)