



Sorghum-Glazed Baby Carrots



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds baby carrots trimmed peeled halved lengthwise (such as Thumbelina)
- ☐ 6 tablespoons bourbon
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 cup sorghum syrup
- ☐ 0.5 cup butter unsalted (1 stick)

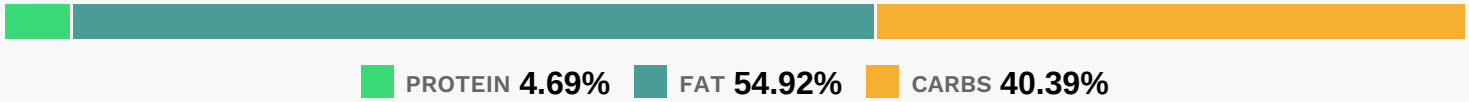
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add carrots and sauté until beginning to soften, about 10 minutes.
- ☐ Add ginger and sorghum. Cook for 2 minutes.
- ☐ Remove from heat; stir in orange juice and bourbon. Return to heat; reduce heat to medium-low. Cover skillet and cook, stirring occasionally, until carrots are fork-tender, 5–7 minutes. Uncover and cook until liquid has been reduced to a syrupy consistency and carrots are nicely glazed, about 6 minutes. Discard ginger. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:8.9560869543449%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 172.3kcal (8.61%), Fat: 9.67g (14.88%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 12.71g (4.62%), Sugar: 5.37g (5.96%), Cholesterol: 24.4mg (8.13%), Sodium: 72.82mg (3.17%), Alcohol: 3.01g (100%), Alcohol %: 2.86% (100%), Protein: 1.86g (3.72%), Vitamin A: 12819.06IU (256.38%), Fiber: 3.29g (13.14%), Vitamin C: 8.56mg (10.37%), Vitamin K: 9.5µg (9.05%), Potassium: 277.64mg (7.93%), Manganese: 0.15mg (7.68%), Folate: 28.57µg (7.14%), Iron: 1.27mg (7.06%), Phosphorus: 58.3mg (5.83%), Copper: 0.1mg (5.06%), Vitamin B6: 0.1mg (5.05%), Vitamin B3: 0.84mg (4.21%), Vitamin B1: 0.06mg (4.16%), Vitamin B5: 0.4mg (4.01%), Calcium: 36.25mg (3.62%), Vitamin B2: 0.05mg (3.2%), Magnesium: 10.83mg (2.71%), Vitamin E: 0.27mg (1.8%), Selenium: 0.95µg (1.35%), Zinc: 0.18mg (1.17%), Vitamin D: 0.17µg (1.13%)