



Sorghum-Glazed Baby Carrots

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

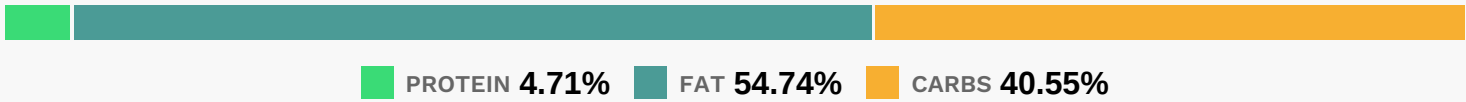
Equipment

☐ 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:11.4, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:8.9852174079936%

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: 172.86kcal (8.64%), Fat: 9.67g (14.88%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 12.82g (4.66%), Sugar: 5.38g (5.98%), Cholesterol: 24.4mg (8.13%), Sodium: 72.91mg (3.17%), Alcohol: 3.01g (100%), Alcohol %: 2.85% (100%), Protein: 1.87g (3.74%), Vitamin A: 12819.06IU (256.38%), Fiber: 3.3g (13.2%), Vitamin C: 8.59mg (10.42%), Vitamin K: 9.5µg (9.05%), Potassium: 280.54mg (8.02%), Manganese: 0.16mg (7.76%), Folate: 28.65µg (7.16%), Iron: 1.27mg (7.08%), Phosphorus: 58.54mg (5.85%), Copper: 0.1mg (5.14%), Vitamin B6: 0.1mg (5.1%), Vitamin B3: 0.85mg (4.24%), Vitamin B1: 0.06mg (4.17%), Vitamin B5: 0.4mg (4.03%), Calcium: 36.36mg (3.64%), Vitamin B2: 0.05mg (3.21%), Magnesium: 11.13mg (2.78%), Vitamin E: 0.27mg (1.81%), Selenium: 0.95µg (1.36%), Zinc: 0.18mg (1.19%), Vitamin D: 0.17µg (1.13%)