



Spiced Braised Carrots with Olives and Mint

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



93 kcal

SIDE DISH

Ingredients

- 5 cups carrots sliced (1-inch) (2 pounds)
- 1 stick cinnamon (2-inch)
- 0.5 teaspoon coriander seeds
- 0.3 teaspoon pepper red crushed
- 1 teaspoon mint leaves fresh chopped
- 1 garlic clove minced
- 1.5 tablespoons honey
- 1 tablespoon juice of lemon fresh

- 1 sprig mint leaves (5-inch)
- 0.3 cup oil-cured olives black pitted coarsely chopped
- 1 teaspoon olive oil extra-virgin
- 1 teaspoon rice vinegar
- 0.5 teaspoon sea salt
- 2 cups water

Equipment

- frying pan
- sauce pan
- slotted spoon

Directions

- Bring water to a simmer in a large saucepan. Stir in carrots and next 8 ingredients (carrots through garlic); cover and simmer 15 minutes or until carrots are tender.
- Remove carrots with a slotted spoon, reserving liquid.
- Bring liquid to a boil; cook until reduced to 1/4 cup (about 10 minutes). Discard mint sprig and cinnamon stick. Return carrots to pan; stir in olives, vinegar, and oil. Cook 1 minute or until heated.
- Sprinkle with chopped mint.
- Garnish with mint sprigs, if desired.

Nutrition Facts



PROTEIN 5.55% **FAT 19.7%** **CARBS 74.75%**

Properties

Glycemic Index:36.82, Glycemic Load:6.84, Inflammation Score:-10, Nutrition Score:10.697391256042%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,

Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 92.99kcal (4.65%), Fat: 2.21g (3.4%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 14.53g (5.28%), Sugar: 11.38g (12.64%), Cholesterol: 0mg (0%), Sodium: 433.17mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin A: 21451.5IU (429.03%), Fiber: 4.35g (17.4%), Vitamin K: 17.81µg (16.96%), Manganese: 0.33mg (16.5%), Potassium: 430.04mg (12.29%), Vitamin C: 9.07mg (11%), Vitamin B6: 0.19mg (9.63%), Vitamin E: 1.28mg (8.51%), Vitamin B3: 1.32mg (6.59%), Folate: 25.59µg (6.4%), Calcium: 59.74mg (5.97%), Vitamin B1: 0.09mg (5.93%), Phosphorus: 48.25mg (4.82%), Vitamin B2: 0.08mg (4.74%), Magnesium: 18.93mg (4.73%), Copper: 0.09mg (4.58%), Vitamin B5: 0.37mg (3.67%), Iron: 0.58mg (3.23%), Zinc: 0.37mg (2.48%)