



Spiced Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds carrots peeled
- ☐ 1 teaspoon curry powder
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup chicken broth
- ☐ 2 teaspoons ras el hanout spice mix
- ☐ 6 tablespoons vegetable oil

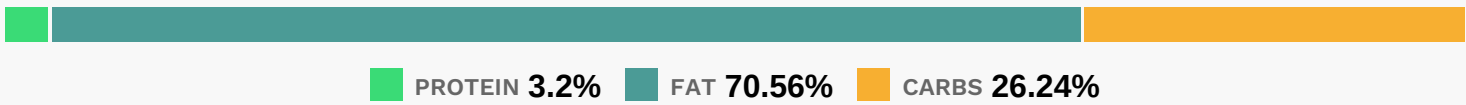
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add ras-el-hanout, if using, and curry powder; reduce heat to medium-low and cook, stirring often, until fragrant, 2–3 minutes.
- ☐ Add carrots; cook, stirring often, until still slightly firm to the bite, 6–7 minutes. Season with salt and pepper.
- ☐ Add broth; simmer until all liquid is absorbed and carrots are tender, 6–7 minutes longer.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:11.236521700154%

Flavonoids

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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 171.92kcal (8.6%), Fat: 14.03g (21.58%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 8.14g (2.96%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 82.54mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin A: 18959.46IU (379.19%), Vitamin K: 44.62µg (42.5%), Fiber: 3.59g (14.38%), Vitamin E: 2.06mg (13.71%), Manganese: 0.22mg (11.12%), Potassium: 389.02mg (11.11%), Vitamin B6: 0.17mg (8.44%), Vitamin C: 6.74mg (8.17%), Vitamin B3: 1.34mg (6.69%), Folate: 23.66µg (5.91%), Vitamin B1: 0.08mg (5.13%), Calcium: 50.63mg (5.06%), Phosphorus: 45.93mg (4.59%), Vitamin B2: 0.07mg (4.37%), Magnesium: 16.56mg (4.14%), Iron: 0.72mg (4.02%), Copper: 0.07mg (3.3%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.32mg (2.12%)