



Spiced Glazed Carrots with Sherry & Citrus



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 12 peppercorns whole black
- ☐ 2 pounds carrots cut into 1" pieces (4 cups) thin
- ☐ 1 tablespoon tarragon fresh
- ☐ 2 pinches ground cloves
- ☐ 0.5 teaspoon kosher salt plus more for seasoning
- ☐ 1 tablespoon clementine juice fresh
- ☐ 0.3 teaspoon orange zest freshly grated

- ☐ 2 tablespoons cooking sherry sweet divided
- ☐ 2 tablespoons butter unsalted ()

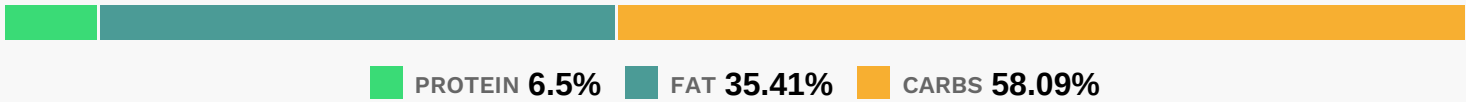
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring carrots, butter, 1/2 teaspoon salt, peppercorns,bay leaf, and 1/2 cup water to a boil in a medium saucepan over medium heat.Reduce heat to a simmer, cover, and cook,stirring occasionally, until just tender, 7–8minutes. Using a slotted spoon, transfercarrots to a medium bowl.
- ☐ Add clementine juice, 1 tablespoon Sherry,and ground cloves to skillet and cook untilglaze forms, 7–8 minutes. Stir in carrotsand remaining 1 tablespoon Sherry. Seasoncarrots to taste with salt. DO AHEAD: Can bemade 4 hours ahead.
- ☐ Let stand at roomtemperature. Rewarm over medium heatbefore continuing, adding water byteaspoonfuls if dry.
- ☐ Transfer to a serving plate.
- ☐ Garnish withtarragon and clementine zest.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:9.006086975984%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin:

0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 63.36kcal (3.17%), Fat: 2.57g (3.96%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.48g (4.98%), Cholesterol: 6.02mg (2.01%), Sodium: 180.36mg (7.84%), Alcohol: 0.31g (100%), Alcohol %: 0.39% (100%), Protein: 1.06g (2.12%), Vitamin A: 15260.35IU (305.21%), Manganese: 0.33mg (16.32%), Vitamin K: 12.66µg (12.06%), Fiber: 2.7g (10.8%), Potassium: 320.69mg (9.16%), Vitamin C: 6.21mg (7.53%), Vitamin B6: 0.15mg (7.28%), Folate: 19.45µg (4.86%), Vitamin B3: 0.97mg (4.83%), Vitamin E: 0.68mg (4.56%), Vitamin B1: 0.06mg (4.22%), Calcium: 41.15mg (4.11%), Vitamin B2: 0.06mg (3.79%), Magnesium: 14.54mg (3.63%), Phosphorus: 35.78mg (3.58%), Iron: 0.55mg (3.06%), Vitamin B5: 0.26mg (2.57%), Copper: 0.05mg (2.45%), Zinc: 0.26mg (1.72%)