



Sweet-and-Sour Baby Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby carrots green trimmed to 1 1/2 inches peeled
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup red-wine vinegar
- ☐ 1.5 tablespoons sugar

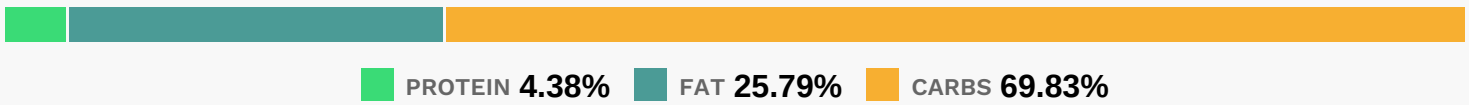
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Toss carrots with oil and salt and pepper to taste in a shallow (1-inch-deep) baking pan. Roast in middle of oven, stirring once, until barely tender, about 20 minutes. Leave oven on.
- ☐ Stir together vinegar and sugar until sugar is dissolved.
- ☐ Drizzle over carrots, shaking pan to coat, then roast until carrots are tender and vinegar is evaporated, 5 to 8 minutes more.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:9.929565243099%

Nutrients (% of daily need)

Calories: 86.99kcal (4.35%), Fat: 2.54g (3.91%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.09g (4.03%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 118.81mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin A: 20850.13IU (417%), Fiber: 4.38g (17.54%), Vitamin K: 15.62µg (14.87%), Manganese: 0.23mg (11.65%), Potassium: 362.31mg (10.35%), Folate: 40.82µg (10.21%), Vitamin B6: 0.16mg (7.94%), Iron: 1.4mg (7.81%), Copper: 0.15mg (7.62%), Vitamin B5: 0.61mg (6.06%), Calcium: 49.03mg (4.9%), Vitamin C: 3.98mg (4.83%), Phosphorus: 43.13mg (4.31%), Vitamin B3: 0.84mg (4.2%), Magnesium: 15.52mg (3.88%), Vitamin B2: 0.05mg (3.24%), Vitamin B1: 0.05mg (3.02%), Vitamin E: 0.34mg (2.24%), Selenium: 1.38µg (1.97%), Zinc: 0.26mg (1.74%)