

Tangy Carrots with Grapes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 4 medium carrots cut into thin diagonal slices (2 cups)
- ☐ 0.5 cup grapes seedless
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 shallots chopped
- ☐ 0.3 cup water

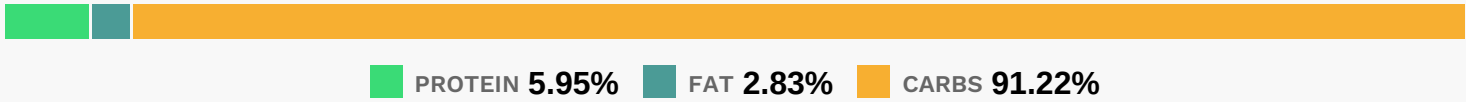
Equipment

- ☐ frying pan

Directions

- ☐ Heat water to boiling in 10-inch nonstick skillet.
- ☐ Cook carrots and shallot in water over medium heat 8 to 10 minutes, stirring frequently, until water has evaporated and carrots are tender.
- ☐ Push carrot mixture to side of skillet.
- ☐ Mix vinegar and brown sugar in other side of skillet.
- ☐ Add grapes. Toss carrot mixture, grapes and vinegar mixture until hot.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:7.7269565450109%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 55.36kcal (2.77%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.2g (4.07%), Sugar: 9.22g (10.24%), Cholesterol: 0mg (0%), Sodium: 45.4mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin A: 10203.37IU (204.07%), Vitamin K: 10.86µg (10.34%), Fiber: 2.08g (8.31%), Potassium: 259.04mg (7.4%), Manganese: 0.12mg (6.21%), Vitamin B6: 0.12mg (6.16%), Vitamin C: 4.74mg (5.75%), Vitamin B1: 0.06mg (3.8%), Folate: 14.12µg (3.53%), Vitamin B3: 0.65mg (3.25%), Copper: 0.06mg (3.07%), Phosphorus: 29.59mg (2.96%), Vitamin E: 0.44mg (2.94%), Vitamin B2: 0.05mg (2.93%), Calcium: 27.71mg (2.77%), Magnesium: 10.67mg (2.67%), Iron: 0.38mg (2.12%), Vitamin B5: 0.2mg (1.98%), Zinc: 0.19mg (1.26%)