



Tía Rosa and Ruth Eichner's Sweet-and-Sour Carrots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds carrots peeled
- ☐ 0.8 cup cider vinegar
- ☐ 3 bell peppers green cut into 1-inch squares
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon ground mustard
- ☐ 0.8 cup sugar
- ☐ 1 cup tomato purée

- ☐ 1 teaspoon worcestershire sauce
- ☐ 3 onions yellow cut into 1-inch wedges

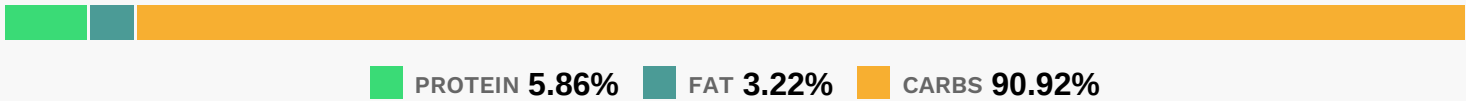
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Boil the whole carrots until tender, then cut into 1/2-inch rounds. Steam the bell peppers and onions until tender.
- ☐ Combine all the vegetables in a large crock or bowl.
- ☐ Combine the vinegar and the sugar in a saucepan over low heat. Cook for 5 minutes, stirring to dissolve the sugar. Stir in the tomato puree, mustard, and Worcestershire.
- ☐ Remove from the heat.
- ☐ Pour over the vegetables and stir together well. Taste and adjust seasoning with salt and pepper. Cover and chill for at least 2 hours before serving.
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Nutrition Facts



Properties

Glycemic Index:28.24, Glycemic Load:17.77, Inflammation Score:-10, Nutrition Score:15.277391433716%

Flavonoids

Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 163.35kcal (8.17%), Fat: 0.61g (0.94%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 33.58g (12.21%), Sugar: 28.67g (31.86%), Cholesterol: 0mg (0%), Sodium: 101.51mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin A: 19278.46IU (385.57%), Vitamin C: 49.21mg (59.65%), Fiber: 5.31g (21.25%), Manganese: 0.4mg (20.03%), Potassium: 670.87mg (19.17%), Vitamin K: 19.73µg (18.79%), Vitamin B6: 0.35mg (17.42%), Vitamin E: 1.58mg (10.54%), Copper: 0.2mg (9.91%), Folate: 37.93µg (9.48%), Vitamin B3: 1.88mg (9.38%), Vitamin B1: 0.13mg (8.67%), Magnesium: 32.04mg (8.01%), Phosphorus: 78.15mg (7.81%), Iron: 1.29mg (7.16%), Vitamin B2: 0.12mg (7.12%), Calcium: 60.93mg (6.09%), Vitamin B5: 0.55mg (5.52%), Zinc: 0.55mg (3.65%), Selenium: 1.21µg (1.73%)