



Tsimis



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more to taste
- ☐ 2 tablespoons canola oil
- ☐ 2 pounds carrots peeled cut into 1/4-inch coins (6 large carrots)
- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup honey

- ☐ 2 juice of lemon
- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 1 cup prune- cut to pieces pitted quartered
- ☐ 0.8 cup sunflower seeds toasted
- ☐ 3 sprigs thyme leaves

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 350°F.
- ☐ In a roasting pan, toss the carrots with the oil, salt, and pepper. Cook in the oven, stirring occasionally, until the carrots are lightly browned and somewhat tender, 40 to 50 minutes.
- ☐ Meanwhile, combine the honey, juice from 1 1/2 lemons (reserve the remaining lemon half), thyme, and 1/3 cup water in a large pan or skillet. Bring to a simmer and cook the mixture over medium-high heat for 5 minutes, then remove and discard the thyme.
- ☐ Remove the pan from the heat.
- ☐ When the carrots are done cooking, pour the carrots, prunes, and raisins into the pan with the honey mixture and stir to coat completely.
- ☐ Add the ginger and cinnamon, and simmer the carrot-honey mixture over medium-high heat, stirring frequently, until the liquid has reduced to a thick glaze, 10 to 15 minutes. Then add the sunflower seeds and juice from the remaining 1/2 lemon and remove the pan from the heat. Season with salt and pepper to taste.
- ☐ Garnish with the chopped parsley.
- ☐ Noah and Rae Bernamoff opened Brooklyn's Mile End Delicatessen in 201
- ☐ The New York Times dubbed it "a loving tribute to the deli tradition," and Zagat and New York magazine voted it New York's best deli. Originally from Montreal and New York, respectively, Noah and Rae now live in Park Slope.

Nutrition Facts



PROTEIN 4.73% **FAT 23.81%** **CARBS 71.46%**

Properties

Glycemic Index:53.13, Glycemic Load:39.44, Inflammation Score:-10, Nutrition Score:23.441739103068%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 482.65kcal (24.13%), Fat: 13.86g (21.32%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 93.59g (31.2%), Net Carbohydrates: 85.07g (30.93%), Sugar: 72.45g (80.51%), Cholesterol: 0mg (0%), Sodium: 498.01mg (21.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin A: 25533.06IU (510.66%), Vitamin E: 7.86mg (52.43%), Vitamin K: 43.86µg (41.77%), Manganese: 0.8mg (40.19%), Fiber: 8.52g (34.09%), Vitamin B6: 0.55mg (27.69%), Potassium: 941.69mg (26.91%), Copper: 0.52mg (26.12%), Vitamin B1: 0.37mg (24.43%), Magnesium: 91.87mg (22.97%), Phosphorus: 201.53mg (20.15%), Vitamin B3: 3.67mg (18.36%), Vitamin C: 14.89mg (18.05%), Folate: 71.92µg (17.98%), Vitamin B2: 0.25mg (14.71%), Selenium: 9.76µg (13.95%), Iron: 2.21mg (12.3%), Zinc: 1.52mg (10.11%), Calcium: 89.71mg (8.97%), Vitamin B5: 0.8mg (7.98%)