

Seared Ginger Carrots

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Servings: 4

1 tablespoon grapeseed oil
1 tablespoon unsalted butter
3/4 pound carrots, sliced 1/4-inch thick on the diagonal
1/4 pound shallots, peeled and sliced into rings
1 tablespoon (3 cloves) garlic, minced or crushed
1 inch fresh ginger root, peeled and grated or finely diced
1 teaspoon fresh thyme leaves, chopped
2 teaspoons sugar
1 teaspoon Kosher or sea salt
1/2 teaspoon fresh lemon juice

Preparation Time: 15 minutes

Cook Time: 5 minutes

Heat a saute' pan over high heat. Add the oil and butter. Then quickly add the carrots. Cook for 2 minutes, stirring several times.

Add the shallots, garlic, ginger, thyme, sugar and salt. Cook for 2 more minutes or until the shallots are soft and the carrots are just tender.

Stir in the lemon juice. Remove from the heat. Serve.

Per Serving (excluding unknown items): 122 Calories; 6g Fat (45.5% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 31mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	.2mg
% Calories from Fat:	45.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	49.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	21mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refuse:	n n%

Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	31mg
Potassium (mg):	370mg
Calcium (mg):	35mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	24971IU
Vitamin A (r.e.):	2513RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	122	Calories from Fat: 56
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% Daily Values*

Total Fat	6g	10%
Saturated Fat	2g	11%
Cholesterol	8mg	3%
Sodium	31mg	1%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	10%
Protein	2g	

Vitamin A	499%
Vitamin C	17%
Calcium	4%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.