SPANISH · SIDE

Spanish Paprika and Garlic Carrots

Zanahorias al ajo y pimentón

30 min · Serves 4 · 179 kcal a serve · Video 7:57 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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10 g net carbs a serve and plenty of vitamin A from carrots sautéed in olive oil with garlic and smoked paprika, with no butter or sugar.

Diet notes: Keto (9.8 g net carbs a serve); Low saturated fat (1.9 g, 9.5% of the energy); DASH-friendly (190 mg sodium a serve).

Ingredients 6 · SERVES 4

- [ ] 500 g **carrots**, peeled and cut on the diagonal 1¼ cm thick
- [ ] 5 **garlic** cloves, thinly sliced
- [ ] 60 ml extra **virgin olive oil**
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] **Salt**: a generous pinch of sea salt and black pepper
- [ ] a handful of **fresh parsley**, chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring 1 litre of water to a boil in a wide pan. Meanwhile peel the carrots and cut them on the diagonal into 1¼ cm slices; thinly slice the garlic. 1:05
2. Add the carrots in batches and, once the water is back at the boil, cook 9–10 minutes, until a toothpick goes in with a little resistance. 2:32
3. Drain, rinse under cold water for 30–45 seconds to stop the cooking, and pat dry on a cloth. 3:35
4. Wipe the pan dry, warm 60 ml olive oil over medium heat, stir the garlic for a minute, then add the carrots and sauté about 10 minutes, stirring now and then, until the garlic is pale gold. 4:10
5. Turn off the heat, stir in the paprika, a generous pinch of salt and pepper, and serve with parsley. 5:30

> **Tip** Don't overcook the carrots in the water; they keep softening in the pan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
179 kcal	1.5 g	14 g	3.8 g	14 g	190 mg
750 kJ	3% of a day	9.8 g net · 6 g sugars	14% of a day	1.9 g saturated	8% of a day
		5% of a day		18% of a day	

Energy from net carbs 23% · protein 4% · fat 73% — fits keto: 9.8 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Vitamin A 118% · Vitamin K 48% · Vitamin E 20%

Source of (10–19%) Vitamin B6 14% · Vitamin C 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=V6yOm8u7Z08. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/zanahorias-al-ajo-y-pimenton