SPANISH · SIDE · SNACK

Spanish Marinated Carrots

Zanahorias aliñadas

150 min · Serves 4 · 65 kcal a serve · Video 5:29 · Spain on a Fork

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

Only 64 kcal and 5.5 g net carbs a serve: boiled carrots marinated in garlic, smoked paprika, cumin, oregano, white wine vinegar and a spoon of olive oil. Rich in vitamin A, with no sugar.

Diet notes: Low carb (5.5 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.5 g, 7% of the energy).

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Ingredients 10 · SERVES 4

- [ ] 4 **carrots** (about 18 cm long), peeled
- [ ] 3 **garlic** cloves, finely minced
- [ ] ½ tsp **sweet smoked Spanish paprika**
- [ ] ¼ tsp **ground cumin**
- [ ] 1 generous tsp **dried oregano**
- [ ] ½ tsp **sea salt** (plus salt for the cooking water)
- [ ] ⅛ tsp **freshly cracked black pepper**
- [ ] 2 tbsp **white wine vinegar**
- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 120 ml of the **carrot cooking water**

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

Allergens found in the listed ingredients: Sulphites. 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. Put the peeled carrots in a deep pan, cover them with cold water by about 2½ cm, salt it generously and bring to a boil over high heat. 1:06
2. Meanwhile put the garlic in a mortar with the paprika, cumin, oregano, ½ tsp salt and the pepper and pound to a paste. 1:37
3. Stir in the white wine vinegar and olive oil. 2:11
4. Boil the carrots about 25 minutes, until a toothpick slides out easily but they still hold their shape. Drain them over a bowl and stir 120 ml of the cooking water into the mortar. 2:41
5. Trim the ends and slice the carrots into rounds about 1 cm thick. 3:12
6. Pour the marinade over, stir gently, cover and refrigerate at least 2 hours, ideally 12–24 hours. 3:44

> **Tip** They're better the next day, so make them ahead; serve cold as a tapa.

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
65 kcal 270 kJ	0.8 g 2% of a day	7.7 g 5.5 g net · 3.3 g sugars 3% of a day	2.2 g 8% of a day	3.6 g 0.5 g saturated 5% of a day	440 mg 19% of a day

Energy from net carbs 38% · protein 6% · fat 56%

High in (20%+ of a day) Vitamin A 64%

Source of (10–19%) Vitamin K 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=0j9ACbwCoKs. 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-alinadas