



 **3%**
HEALTH SCORE

Agave Glazed Carrots

 **Vegetarian**  **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- 2 cups carrots peeled sliced
- 1 tangerine juiced
- 1 teaspoon lime zest
- 1 tablespoon butter unsalted
- 1 tablespoon agave nectar blue
- 4 servings salt and pepper freshly ground to taste
- 1 leaf flat parsley chopped

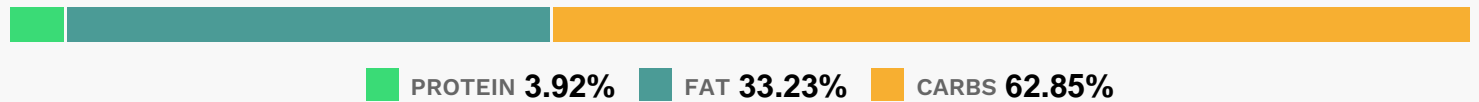
Equipment

sauce pan

Directions

- Combine all the ingredients in a saucepan, bring to a simmer.
- Cover and cook at a simmer for 5 – 7 minutes, until the carrots are quite tender.
- Uncover and continue to simmer for another 5 minutes, stirring occasionally. When the liquid has evaporated and the carrots are lightly glazed, remove from the heat.
- Taste carefully for salt and pepper (the sugar from the nectar can burn!)
- Serve immediately, or take off the heat, cover and set aside for a few minutes until ready to serve.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:3.71, Inflammation Score:-10, Nutrition Score:8.2278260869565%

Flavonoids

Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Taste

Sweetness: 100%, Saltiness: 30.2%, Sourness: 9.07%, Bitterness: 49.99%, Savoriness: 0%, Fattiness: 11.58%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 79.51kcal (3.98%), Fat: 3.09g (4.75%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 10.92g (3.97%), Sugar: 8.95g (9.94%), Cholesterol: 7.53mg (2.51%), Sodium: 239.14mg (10.4%), Protein: 0.82g (1.64%), Vitamin A: 10950.43IU (219.01%), Vitamin C: 11.02mg (13.36%), Vitamin K: 13.98µg (13.31%), Fiber: 2.22g (8.88%), Potassium: 244.31mg (6.98%), Vitamin B6: 0.12mg (5.92%), Manganese: 0.1mg (5.07%), Folate: 17.78µg (4.44%), Vitamin B1: 0.06mg (4.13%), Vitamin E: 0.6mg (4.01%), Vitamin B3: 0.75mg (3.77%), Vitamin B2: 0.06mg (3.25%), Calcium: 30.78mg (3.08%), Phosphorus: 27.93mg (2.79%), Magnesium: 10.6mg (2.65%), Vitamin B5: 0.23mg (2.28%), Copper: 0.04mg (2%), Iron: 0.25mg (1.39%), Zinc: 0.18mg (1.18%)