

Almond-Topped Carrots

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 2 pounds carrots julienned
- 0.5 cup golden raisins
- 0.5 teaspoon ground ginger
- 6 tablespoons honey
- 2 tablespoons juice of lemon
- 1 Dash pepper
- 0.5 cup slivered almonds toasted

2 cups water

Equipment

sauce pan

oven

baking pan

Directions

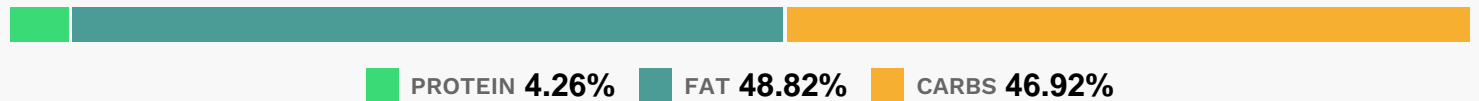
In a large saucepan, bring carrots and water to a boil. Reduce heat. Cover and cook for 10 minutes or until crisp-tender; drain.

Add the raisins, butter, honey, lemon juice, ginger and pepper.

Place in a greased 2-qt. baking dish. Cover and bake at 350° for 35 minutes or until the carrots are tender.

Sprinkle with almonds before serving.

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:9.54, Inflammation Score:-10, Nutrition Score:9.6821739997553%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 175.88kcal (8.79%), Fat: 10.14g (15.59%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 18.95g (6.89%), Sugar: 16.05g (17.83%), Cholesterol: 20.34mg (6.78%), Sodium: 116.19mg (5.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin A: 12866.15IU (257.32%), Manganese: 0.27mg (13.35%), Vitamin E: 1.88mg (12.54%), Fiber: 2.96g (11.85%), Vitamin K: 10.87µg (10.35%), Potassium: 331.49mg (9.47%), Vitamin C: 5.67mg (6.88%), Vitamin B6: 0.13mg (6.73%), Vitamin B2: 0.11mg (6.73%), Magnesium: 24.47mg (6.12%), Phosphorus: 58.1mg (5.81%), Copper: 0.11mg (5.67%), Vitamin B3: 1mg (5.01%), Calcium: 44.62mg (4.46%), Folate: 17.53µg (4.38%), Vitamin B1: 0.06mg (4.05%), Iron: 0.57mg (3.15%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.38mg (2.54%)