



Apricot-Ginger Carrots



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 2 pound baby carrots fresh
- ☐ 2 teaspoons crystallized ginger minced
- ☐ 2 tablespoons butter
- ☐ 10 ounce low-sugar apricot preserves
- ☐ 1 cup water

Equipment

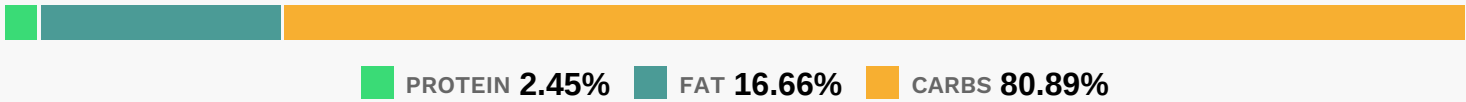
- ☐ bowl
- ☐ sauce pan

☐ slotted spoon

Directions

- ☐ Combine carrots and water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until carrots are tender.
- ☐ Drain and transfer carrots to a bowl.
- ☐ Combine preserves, margarine, and ginger in saucepan. Cook over low heat, stirring constantly, 2 minutes or until preserves melt. Return carrots to saucepan; toss lightly. Cook until thoroughly heated.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:8.0513043243276%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 123.66kcal (6.18%), Fat: 2.43g (3.74%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 23.82g (8.66%), Sugar: 17.37g (19.3%), Cholesterol: 0mg (0%), Sodium: 109.84mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Vitamin A: 12668.35IU (253.37%), Fiber: 2.72g (10.86%), Vitamin K: 8.53µg (8.12%), Manganese: 0.15mg (7.42%), Potassium: 238.01mg (6.8%), Folate: 24.81µg (6.2%), Copper: 0.12mg (6.14%), Vitamin C: 4.86mg (5.89%), Iron: 0.95mg (5.26%), Vitamin B6: 0.1mg (5.06%), Vitamin B5: 0.37mg (3.72%), Calcium: 36.25mg (3.62%), Phosphorus: 26.9mg (2.69%), Magnesium: 10.53mg (2.63%), Vitamin B3: 0.52mg (2.58%), Vitamin B2: 0.04mg (2.35%), Selenium: 1.38µg (1.98%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.17mg (1.16%)