



Apricot-Glazed Carrots

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.3 cup apricot preserves
- 3 tablespoons butter
- 2 pounds carrots sliced
- 0.3 teaspoon ground nutmeg
- 2 tablespoons orange juice fresh
- 1 teaspoon orange rind grated
- 6 servings garnish: parsley fresh italian
- 1.3 teaspoons salt divided

Equipment

sauce pan

Directions

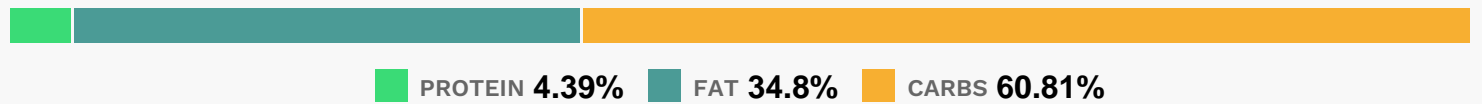
Cook carrot and 1 teaspoon salt in boiling water to cover in a large saucepan 15 to 20 minutes or until tender; drain.

Melt butter in saucepan; stir in apricot preserves until blended. Stir in remaining 1/4 teaspoon salt, nutmeg, orange rind, and orange juice.

Add carrot, and toss to coat.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:14.471738991206%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 148.88kcal (7.44%), Fat: 6.1g (9.38%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 19.51g (7.09%), Sugar: 13.4g (14.89%), Cholesterol: 0mg (0%), Sodium: 662.39mg (28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 25886.16IU (517.72%), Vitamin K: 85.56µg (81.49%), Vitamin C: 18.7mg (22.67%), Fiber: 4.47g (17.88%), Potassium: 531.48mg (15.19%), Manganese: 0.23mg (11.62%), Vitamin B6: 0.22mg (10.92%), Folate: 36.87µg (9.22%), Vitamin E: 1.27mg (8.43%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.11mg (7.31%), Calcium: 61.76mg (6.18%), Phosphorus: 58.45mg (5.85%), Vitamin B2: 0.1mg (5.83%), Magnesium: 21.74mg (5.44%), Copper: 0.09mg (4.56%), Vitamin B5: 0.45mg (4.5%), Iron: 0.79mg (4.37%),

Zinc: 0.42mg (2.8%)