



Baby Carrots with Curry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



147 kcal

SIDE DISH

Ingredients

- 0.5 pound baby carrots (4-inch)
- 0.5 teaspoon curry powder
- 0.5 teaspoon honey
- 0.5 teaspoon juice of lemon fresh
- 2 tablespoons mayonnaise reduced-calorie
- 1 tablespoon nonfat cream sour
- 0.5 teaspoon skim milk

Equipment

sauce pan

Directions

Steam carrots, covered, 7 minutes or until crisp-tender; drain.

Combine mayonnaise and next 5 ingredients in a saucepan; place over medium-low heat until hot, stirring occasionally.

Serve sauce with carrots.

Nutrition Facts



PROTEIN 3.1% **FAT 64.22%** **CARBS 32.68%**

Properties

Glycemic Index:70.26, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:10.08434786356%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 146.97kcal (7.35%), Fat: 10.69g (16.45%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.05g (7.83%), Cholesterol: 6.46mg (2.15%), Sodium: 186.67mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin A: 15669.55IU (313.39%), Vitamin K: 33.98µg (32.36%), Fiber: 3.46g (13.85%), Manganese: 0.2mg (9.76%), Potassium: 291.29mg (8.32%), Folate: 33.06µg (8.26%), Iron: 1.19mg (6.64%), Vitamin B6: 0.13mg (6.44%), Copper: 0.12mg (6.1%), Calcium: 49.13mg (4.91%), Vitamin B5: 0.49mg (4.86%), Phosphorus: 43.64mg (4.36%), Vitamin C: 3.5mg (4.24%), Vitamin E: 0.57mg (3.81%), Magnesium: 13.61mg (3.4%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.66mg (3.28%), Vitamin B1: 0.04mg (2.67%), Selenium: 1.79µg (2.55%), Zinc: 0.27mg (1.83%)