



Baby Carrots with Dill, Butter, and Lemon



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby carrots trimmed to 1 inch peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

☐ 0.5 teaspoon salt

Equipment

☐ bowl

☐ pot

Directions

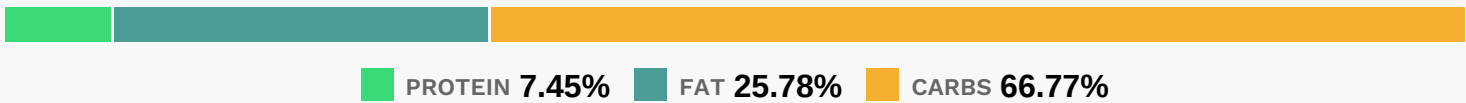
☐ Place broth in a large pot. Arrange carrots in a metal steamer insert or bamboo steamer; place in pot. Cover; bring broth to a boil. Steam carrots for 10 minutes or just until crisp-tender.

☐ Transfer carrots to a large bowl.

☐ Add remaining ingredients; toss well.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:10.734782603772%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 2.24g (3.44%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 8.48g (3.08%), Sugar: 7.43g (8.25%), Cholesterol: 5.02mg (1.67%), Sodium: 636.36mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin A: 20934.34IU (418.69%), Fiber: 4.55g (18.21%), Vitamin K: 15.71µg (14.97%), Manganese: 0.26mg (13.05%), Potassium: 389.75mg (11.14%), Folate: 42.88µg (10.72%), Vitamin B6: 0.17mg (8.68%), Copper: 0.17mg (8.5%), Iron: 1.49mg (8.28%), Vitamin C: 6.51mg (7.89%), Vitamin B5: 0.71mg (7.1%), Vitamin B3: 1.28mg (6.38%), Calcium: 54.85mg (5.48%), Phosphorus: 52.11mg (5.21%), Selenium: 3.07µg (4.39%), Vitamin B2: 0.07mg (4.31%), Magnesium: 16.74mg (4.19%), Vitamin B1: 0.05mg (3.5%),

Vitamin B12: 0.16µg (2.59%), Zinc: 0.28mg (1.89%)