



Balsamic-Butter-Glazed Baby Carrots

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 3 lb baby carrots
- 0.5 cup balsamic vinegar
- 2 tablespoons brown sugar
- 6 tablespoons butter
- 2 teaspoons tarragon fresh chopped
- 2 teaspoons thyme leaves fresh minced
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

6 cups water

Equipment

sauce pan

dutch oven

Directions

Combine carrots and 6 cups water in a Dutch oven. Bring to a boil over medium-high heat; reduce heat to low, and simmer 20 minutes or until carrots are crisp-tender.

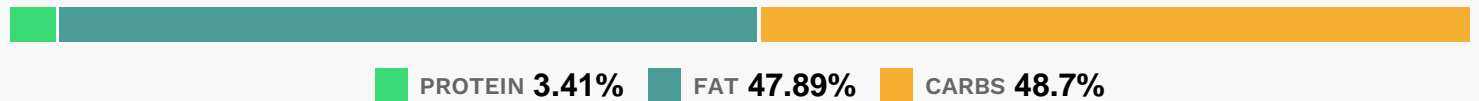
Drain and keep warm.

Cook vinegar in a small saucepan over medium-high heat 4 to 5 minutes or until reduced by half. Stir in brown sugar and butter until smooth.

Pour vinegar mixture over warm carrots, tossing to coat. Stir in thyme and next 3 ingredients.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:13.691739130279%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg

Nutrients (% of daily need)

Calories: 216.51kcal (10.83%), Fat: 11.71g (18.02%), Saturated Fat: 7.26g (45.41%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 20.05g (7.29%), Sugar: 17.86g (19.85%), Cholesterol: 30.1mg (10.03%), Sodium: 382.14mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin A: 31685.18IU (633.7%), Fiber: 6.74g (26.96%), Manganese: 0.45mg (22.42%), Vitamin K: 22.44µg (21.37%), Potassium: 595.31mg (17.01%), Folate: 63.84µg (15.96%), Iron: 2.54mg (14.13%), Copper: 0.28mg (14.07%), Vitamin B6: 0.26mg (12.94%), Calcium: 102.81mg (10.28%), Vitamin B5: 0.93mg (9.34%), Vitamin C: 7.3mg (8.85%), Magnesium: 31.76mg (7.94%), Phosphorus: 73.99mg (7.4%), Vitamin B3: 1.34mg (6.72%), Vitamin B2: 0.1mg (5.8%), Vitamin B1: 0.07mg (4.72%), Selenium: 2.26µg (3.23%), Zinc: 0.48mg (3.2%), Vitamin E: 0.33mg (2.17%)