

Balsamic Carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 1 pound carrots sliced (5 small)
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon olive oil
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place carrot in a large saucepan; add water, and bring to a boil. Cover, reduce heat, and simmer 10 minutes or until tender.
- ☐ Drain; return carrot to saucepan.
- ☐ Combine vinegar and remaining 5 ingredients in a small bowl, stirring well with a wire whisk; add to carrot. Cook over medium heat 2 minutes, stirring often.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:53.28, Glycemic Load:5.8, Inflammation Score:-10, Nutrition Score:9.6956522257432%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 74.13kcal (3.71%), Fat: 1.31g (2.01%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 11.98g (4.36%), Sugar: 9.46g (10.51%), Cholesterol: 0mg (0%), Sodium: 90.28mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin A: 18946.93IU (378.94%), Vitamin K: 19.97µg (19.02%), Fiber: 3.32g (13.28%), Potassium: 382.01mg (10.91%), Manganese: 0.21mg (10.53%), Vitamin C: 6.71mg (8.14%), Vitamin B6: 0.16mg (8.06%), Vitamin E: 0.92mg (6.15%), Vitamin B3: 1.14mg (5.68%), Folate: 22.44µg (5.61%), Vitamin B1: 0.08mg (5.09%), Calcium: 47.85mg (4.78%), Magnesium: 17.41mg (4.35%), Phosphorus: 42.81mg (4.28%), Vitamin B2: 0.07mg (4.15%), Iron: 0.66mg (3.66%), Copper: 0.07mg (3.52%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.31mg (2.1%)