



Becel® Orange Glazed Carrots

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- 1 pound carrots thick trimmed peeled sliced ()
- 2 teaspoons mint leaves fresh chopped
- 1 teaspoon granulated sugar
- 1 juice of orange juiced
- 2 teaspoons buttery taste margarine becel®

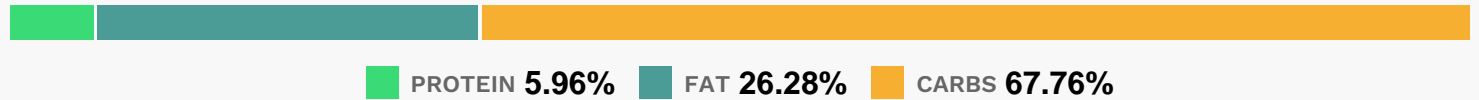
Equipment

- sauce pan

Directions

- In a small heavy-bottomed saucepan, place carrots, orange juice, Becel® Buttery Taste margarine and sugar. Bring to a boil, cover and simmer gently on low heat, stirring occasionally for 15 minutes or until the carrots are tender-crisp.
- Remove from heat and toss with chopped fresh mint.

Nutrition Facts



Properties

Glycemic Index:42.23, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:9.6804348220644%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 75.1kcal (3.76%), Fat: 2.32g (3.57%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 10.24g (3.72%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 102mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin A: 19065.83IU (381.32%), Vitamin C: 14.21mg (17.23%), Vitamin K: 14.98µg (14.27%), Fiber: 3.21g (12.84%), Potassium: 394.23mg (11.26%), Manganese: 0.16mg (8.24%), Vitamin B6: 0.16mg (8.14%), Folate: 26.13µg (6.53%), Vitamin B1: 0.09mg (5.91%), Vitamin B3: 1.18mg (5.88%), Vitamin E: 0.83mg (5.55%), Phosphorus: 42.85mg (4.29%), Vitamin B2: 0.07mg (4.21%), Calcium: 39.95mg (4%), Magnesium: 15.37mg (3.84%), Vitamin B5: 0.34mg (3.4%), Copper: 0.06mg (2.89%), Iron: 0.37mg (2.07%), Zinc: 0.28mg (1.87%)