



Bourbon Carrots

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 pounds baby carrots
- ☐ 2 tablespoons bourbon
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon granulated sugar
- ☐ 8 servings garnish: parsley fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

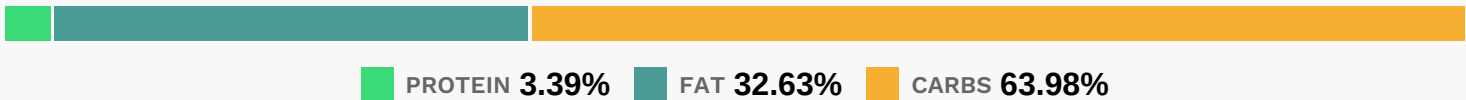
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 3 cups water to a boil in a 3-quart saucepan; add carrots, granulated sugar, and salt. Return to a boil, and cook 5 minutes or until carrots are tender.
- ☐ Melt butter and brown sugar in a large skillet over medium-high heat. Stir in carrots, and cook, stirring occasionally, 2 to 3 minutes or until well coated.
- ☐ Add bourbon, and cook, stirring occasionally, 3 more minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:10.876956575915%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 87.84kcal (4.39%), Fat: 2.99g (4.59%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 10.57g (3.84%), Sugar: 9.95g (11.05%), Cholesterol: 7.53mg (2.51%), Sodium: 242.17mg (10.53%), Alcohol: 1.25g (100%), Alcohol %: 0.83% (100%), Protein: 0.7g (1.4%), Vitamin A: 12152.62IU (243.05%), Vitamin K: 73.84µg (70.32%), Fiber: 2.6g (10.39%), Vitamin C: 7.53mg (9.13%), Folate: 29.19µg (7.3%), Manganese: 0.14mg (6.94%), Potassium: 230.69mg (6.59%), Iron: 1.04mg (5.78%), Copper: 0.11mg (5.42%), Vitamin B6: 0.09mg (4.74%), Calcium: 40.08mg (4.01%), Vitamin B5: 0.37mg (3.67%), Magnesium: 11.87mg (2.97%), Phosphorus: 27.3mg (2.73%), Vitamin B3: 0.53mg (2.66%), Vitamin B2: 0.04mg (2.13%), Vitamin B1: 0.03mg (1.96%), Zinc: 0.2mg (1.35%), Selenium: 0.87µg (1.24%)