



Bourbon Glazed Carrots

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bourbon to taste
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 2 pounds carrots peeled sliced

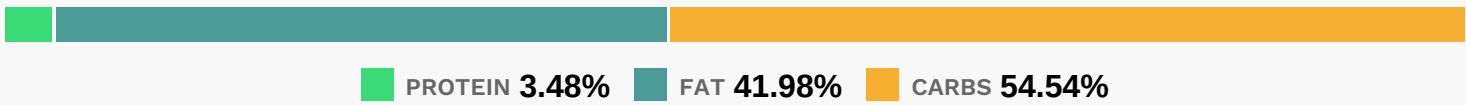
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place carrots in a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender yet firm to the bite, 10 to 15 minutes.
- ☐ Drain and transfer to a serving bowl.
- ☐ Combine brown sugar, butter, and bourbon together in a saucepan; bring to a simmer. Cook and stir sauce until thickened, about 10 minutes.
- ☐ Pour sauce over carrots and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:9.2039130129244%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 132.14kcal (6.61%), Fat: 6.03g (9.27%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 14.44g (5.25%), Sugar: 12.05g (13.39%), Cholesterol: 15.25mg (5.08%), Sodium: 125.82mg (5.47%), Alcohol: 1.25g (100%), Alcohol %: 1.21% (100%), Protein: 1.12g (2.25%), Vitamin A: 19121.56IU (382.43%), Vitamin K: 15.47µg (14.73%), Fiber: 3.18g (12.7%), Potassium: 373.8mg (10.68%), Manganese: 0.17mg (8.36%), Vitamin C: 6.69mg (8.11%), Vitamin B6: 0.16mg (7.98%), Vitamin E: 0.91mg (6.09%), Vitamin B3: 1.13mg (5.63%), Folate: 21.83µg (5.46%), Vitamin B1: 0.08mg (5.03%), Calcium: 44.83mg (4.48%), Phosphorus: 41.82mg (4.18%), Vitamin B2: 0.07mg (4.02%), Magnesium: 14.37mg (3.59%), Vitamin B5: 0.33mg (3.26%), Copper: 0.05mg (2.75%), Iron: 0.39mg (2.18%), Zinc: 0.28mg (1.88%)