



## Bringing Home Baby Carrots

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

### Ingredients

- 1 pound baby carrots fresh
- 1 cup apple juice
- 0.8 cup water
- 0.3 cup honey

### Equipment

- sauce pan
- slotted spoon

## Directions

- In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 10–14 minutes or until carrots are tender.
- Serve with a slotted spoon.

## Nutrition Facts

 **PROTEIN 2.13%**  **FAT 1.25%**  **CARBS 96.62%**

## Properties

Glycemic Index:23.26, Glycemic Load:14.94, Inflammation Score:-10, Nutrition Score:9.1165217177375%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 154.09kcal (7.7%), Fat: 0.23g (0.35%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 36.16g (13.15%), Sugar: 34.56g (38.39%), Cholesterol: 0mg (0%), Sodium: 94.28mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin A: 15638.22IU (312.76%), Fiber: 3.47g (13.88%), Manganese: 0.24mg (11.99%), Vitamin K: 10.66µg (10.15%), Potassium: 346.06mg (9.89%), Folate: 31.18µg (7.8%), Copper: 0.14mg (6.91%), Vitamin B6: 0.14mg (6.85%), Iron: 1.2mg (6.68%), Vitamin B5: 0.5mg (5.04%), Calcium: 44.27mg (4.43%), Vitamin C: 3.65mg (4.42%), Magnesium: 15.45mg (3.86%), Phosphorus: 37.22mg (3.72%), Vitamin B2: 0.06mg (3.65%), Vitamin B3: 0.71mg (3.55%), Vitamin B1: 0.05mg (3.14%), Selenium: 1.31µg (1.87%), Zinc: 0.27mg (1.81%)