



## Brown Sugar-Glazed Carrots

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

### Ingredients

- 2 pounds carrots cut into 1/4-inch slices (12 to 14 medium)
- 0.5 teaspoon salt
- 0.7 cup brown sugar packed
- 0.3 cup butter
- 1 teaspoon orange zest
- 0.5 teaspoon salt

### Equipment

- frying pan

sauce pan

## Directions

Heat 1 inch water to boiling in 3-quart saucepan.

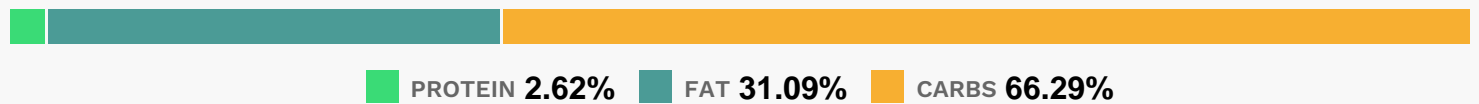
Add carrots and, if desired, 1/2 teaspoon salt. Cover and heat to boiling; reduce heat. Simmer covered 12 to 15 minutes or until carrots are tender.

While carrots are cooking, heat brown sugar, butter, orange zest and 1/2 teaspoon salt in 10- or 12-inch skillet over medium heat, stirring constantly, until sugar is dissolved and mixture is bubbly. Be careful not to overcook or the mixture will taste scorched.

Remove from heat.

Drain carrots. Stir carrots into brown sugar mixture. Cook over low heat about 5 minutes, stirring occasionally and gently, until carrots are glazed and hot.

## Nutrition Facts



## Properties

Glycemic Index:12.1, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:9.384347797088%

## 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: 167.26kcal (8.36%), Fat: 6.03g (9.27%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 25.71g (9.35%), Sugar: 23.16g (25.74%), Cholesterol: 15.25mg (5.08%), Sodium: 419.68mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin A: 19122.61IU (382.45%), Vitamin K: 15.47µg (14.73%), Fiber: 3.2g (12.81%), Potassium: 389.55mg (11.13%), Manganese: 0.17mg (8.73%), Vitamin C: 7.03mg (8.52%), Vitamin B6: 0.16mg (8.23%), Vitamin E: 0.91mg (6.09%), Vitamin B3: 1.14mg (5.7%), Folate: 22.02µg (5.5%), Calcium: 54.92mg (5.49%), Vitamin B1: 0.08mg (5.03%), Phosphorus: 42.18mg (4.22%), Vitamin B2: 0.07mg (4.02%), Magnesium: 15.46mg (3.87%), Vitamin B5: 0.34mg (3.43%), Copper: 0.06mg (3.01%), Iron: 0.48mg (2.65%), Zinc: 0.29mg (1.9%)