



Buttery Cooked Carrots



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter

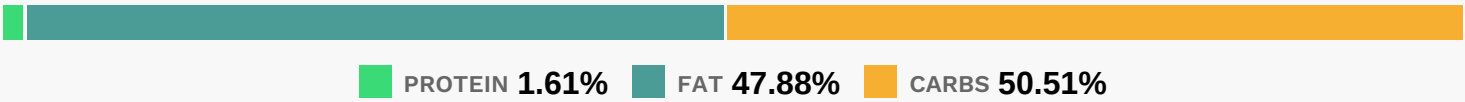
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook carrots in a large pot of boiling water until tender.
- ☐ Drain off most of the liquid, leaving bottom of pan covered with water. Set the carrots aside.
- ☐ Stir margarine and brown sugar into the water. Simmer and stir until the margarine melts. Return carrots to the pot, and toss to coat. Cover, and let sit for a few minutes to allow flavors to mingle.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:8.8339129576217%

Nutrients (% of daily need)

Calories: 211.36kcal (10.57%), Fat: 11.57g (17.8%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 24.17g (8.79%), Sugar: 23.18g (25.76%), Cholesterol: 0mg (0%), Sodium: 227.37mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin A: 16145.08IU (322.9%), Fiber: 3.29g (13.15%), Vitamin K: 10.66µg (10.15%), Manganese: 0.18mg (9.15%), Potassium: 299.1mg (8.55%), Folate: 30.94µg (7.74%), Vitamin B6: 0.13mg (6.39%), Iron: 1.14mg (6.33%), Copper: 0.12mg (6.1%), Calcium: 55.76mg (5.58%), Vitamin B5: 0.49mg (4.91%), Vitamin C: 2.98mg (3.61%), Phosphorus: 35.75mg (3.57%), Magnesium: 13.42mg (3.35%), Vitamin B3: 0.65mg (3.27%), Vitamin E: 0.44mg (2.93%), Vitamin B2: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.36%), Selenium: 1.24µg (1.77%), Zinc: 0.2mg (1.32%)