



Candied Carrots and Parsnips

 Vegetarian  Gluten Free  Low Fod Map

READY IN



19 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.8 pound diagonally cut carrot
- 3 tablespoons brown sugar dark
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 teaspoon ginger fresh grated peeled
- 0.5 pound diagonally cut parsnip
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

Equipment

frying pan

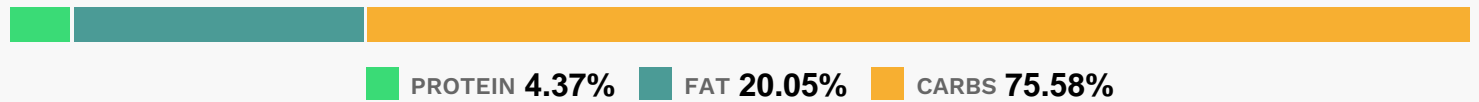
Directions

Melt butter in a large nonstick skillet over medium-high heat.

Add carrot and next 5 ingredients. Cover, reduce heat, and simmer 12 minutes or until tender.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:6.6, Inflammation Score:-10, Nutrition Score:14.252608666277%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 137.97kcal (6.9%), Fat: 3.23g (4.98%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 22.18g (8.07%), Sugar: 15.51g (17.23%), Cholesterol: 7.53mg (2.51%), Sodium: 235.92mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin A: 14464.5IU (289.29%), Vitamin K: 57.13µg (54.41%), Manganese: 0.46mg (22.88%), Vitamin C: 17.34mg (21.02%), Fiber: 5.25g (21.01%), Potassium: 511.6mg (14.62%), Folate: 57.45µg (14.36%), Vitamin E: 1.5mg (10.03%), Vitamin B6: 0.17mg (8.75%), Vitamin B1: 0.11mg (7.28%), Phosphorus: 72.65mg (7.27%), Magnesium: 28.85mg (7.21%), Vitamin B3: 1.27mg (6.37%), Calcium: 59.99mg (6%), Vitamin B5: 0.6mg (5.98%), Copper: 0.12mg (5.78%), Vitamin B2: 0.08mg (4.77%), Iron: 0.79mg (4.38%), Zinc: 0.57mg (3.79%), Selenium: 1.26µg (1.8%)