

Carrots a la Orange



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 16 ounce carrots peeled sliced
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar white

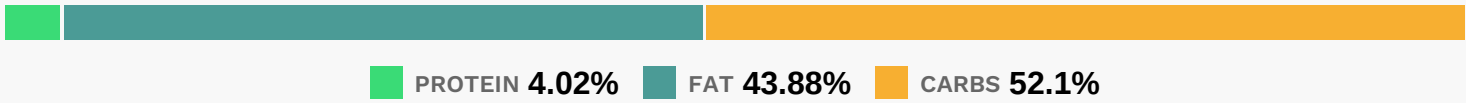
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of lightly salted water to a boil in a saucepan and cook carrots in the boiling water until just tender, about 15 minutes.
- ☐ Drain.
- ☐ Transfer carrots to a serving dish and keep warm.
- ☐ Whisk sugar, cornstarch, salt, and ginger in a saucepan until thoroughly combined; turn heat to medium and whisk in orange juice. Bring to a simmer, whisking constantly, and cook until sauce is smooth and thickened, about 3 minutes; stir in butter.
- ☐ Pour sauce over carrots, stir to coat, and serve.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:8.0495652076991%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 78.35kcal (3.92%), Fat: 4g (6.15%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 8.52g (3.1%), Sugar: 6.45g (7.17%), Cholesterol: 10.03mg (3.34%), Sodium: 179.24mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin A: 12766.84IU (255.34%), Vitamin C: 9.63mg (11.67%), Vitamin K: 10.32µg (9.83%), Fiber: 2.15g (8.61%), Potassium: 264.87mg (7.57%), Manganese: 0.14mg (6.89%), Vitamin B6: 0.11mg (5.46%), Folate: 17.61µg (4.4%), Vitamin E: 0.61mg (4.08%), Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.06mg (3.96%), Phosphorus: 29.52mg (2.95%), Vitamin B2: 0.05mg (2.89%), Calcium: 27.39mg (2.74%), Magnesium: 10.49mg (2.62%), Vitamin B5: 0.23mg (2.32%), Copper: 0.04mg (1.97%), Iron: 0.27mg

(1.49%), Zinc: 0.19mg (1.3%)