

Carrots ala Camille

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- 2.5 pounds baby carrots
- 2 tablespoons butter
- 2 tablespoons maple syrup to taste

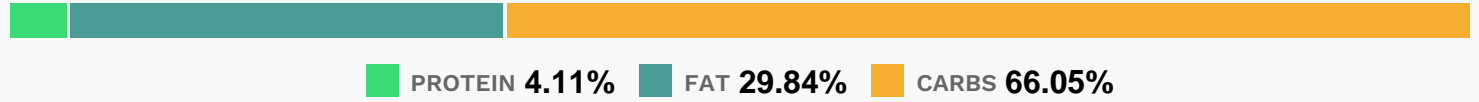
Equipment

- pot

Directions

- Place the carrots in a large pot and cover them with water. Boil until they are tender.
- Drain well and return carrots to the original pot.
- Approximately 5 minutes before serving the carrots, add maple syrup and butter to the pot. Stir until the carrots are coated.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:9.9286956751476%

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 3.02g (4.65%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 10.94g (3.98%), Sugar: 9.75g (10.83%), Cholesterol: 7.53mg (2.51%), Sodium: 133.52mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin A: 19634.46IU (392.69%), Manganese: 0.33mg (16.45%), Fiber: 4.11g (16.44%), Vitamin K: 13.57µg (12.92%), Potassium: 348.03mg (9.94%), Folate: 38.38µg (9.59%), Vitamin B6: 0.15mg (7.45%), Copper: 0.14mg (7.09%), Iron: 1.27mg (7.04%), Vitamin B2: 0.12mg (6.81%), Vitamin B5: 0.57mg (5.72%), Calcium: 51.65mg (5.16%), Vitamin C: 3.69mg (4.47%), Phosphorus: 40.53mg (4.05%), Vitamin B3: 0.79mg (3.97%), Magnesium: 15.29mg (3.82%), Vitamin B1: 0.05mg (3.07%), Selenium: 1.31µg (1.87%), Zinc: 0.28mg (1.86%)