



Carrots and Rutabagas with Lemon and Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1 pound carrots peeled cut into matchstick-size strips
- ☐ 0.5 cup chives fresh chopped
- ☐ 3 tablespoons honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.3 pounds rutabaga peeled cut into matchstick-size strips

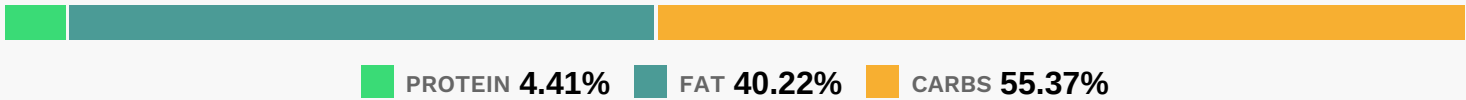
Equipment

☐ pot

Directions

- ☐ Cook rutabagas in large pot of boiling salted water 2 minutes.
- ☐ Add carrots and cook until vegetables are tender, about 6 minutes.
- ☐ Drain.
- ☐ Melt butter in large pot over medium-high heat.
- ☐ Add lemon juice, honey, and peel. Bring to boil.
- ☐ Add vegetables; cook until glazed, stirring occasionally, about 6 minutes. Season to taste with salt and pepper.
- ☐ Remove from heat.
- ☐ Mix in fresh chives.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:8.43, Inflammation Score:-10, Nutrition Score:10.700869568664%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 126.82kcal (6.34%), Fat: 6.04g (9.29%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 15.36g (5.59%), Sugar: 12.57g (13.96%), Cholesterol: 15.25mg (5.08%), Sodium: 93.72mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin A: 9760.24IU (195.2%), Vitamin C: 25.83mg (31.31%), Fiber: 3.35g (13.38%), Vitamin K: 13.52µg (12.87%), Potassium: 419.05mg (11.97%), Manganese: 0.19mg (9.52%), Vitamin B6: 0.16mg (7.93%), Folate: 30.21µg (7.55%), Vitamin B1: 0.11mg (7.03%), Phosphorus: 61.52mg (6.15%), Magnesium: 22.82mg (5.71%), Calcium: 54.45mg (5.45%), Vitamin B3: 1.09mg (5.45%), Vitamin E:

0.77mg (5.12%), Vitamin B2: 0.07mg (4.17%), Iron: 0.56mg (3.14%), Vitamin B5: 0.3mg (3%), Copper: 0.06mg (2.82%), Zinc: 0.35mg (2.32%), Selenium: 0.72µg (1.03%)