



Carrots Glazed with Balsamic Vinegar and Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup butter (1 stick)
- ☐ 3.5 pounds baby carrots peeled halved lengthwise cut into 2-inch pieces,
- ☐ 0.3 cup chives fresh chopped
- ☐ 6 tablespoons sugar

Equipment

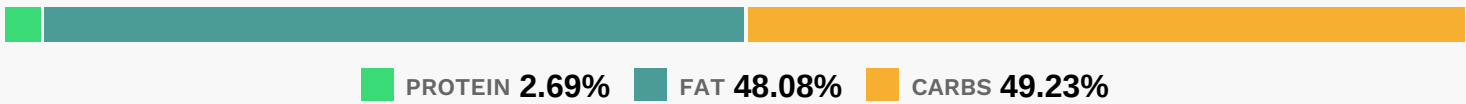
- ☐ bowl

☐ pot

Directions

- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add carrots and sauté 5 minutes. Cover and cook until carrots are crisp-tender, stirring occasionally, about 7 minutes. Stir in sugar and vinegar. Cook uncovered until carrots are tender and glazed, stirring frequently, about 12 minutes longer. Season to taste with salt and pepper.
- ☐ Add chives and toss to blend.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:10.453043473803%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 172.44kcal (8.62%), Fat: 9.44g (14.53%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 17.12g (6.23%), Sugar: 16.04g (17.82%), Cholesterol: 24.4mg (8.13%), Sodium: 198.87mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin A: 22219.8IU (444.4%), Fiber: 4.63g (18.52%), Vitamin K: 17.85µg (17%), Manganese: 0.25mg (12.74%), Potassium: 391.6mg (11.19%), Folate: 44.26µg (11.06%), Vitamin B6: 0.17mg (8.42%), Iron: 1.5mg (8.31%), Copper: 0.16mg (8.15%), Vitamin B5: 0.65mg (6.52%), Vitamin C: 4.71mg (5.71%), Calcium: 56.81mg (5.68%), Phosphorus: 49.37mg (4.94%), Vitamin B3: 0.89mg (4.47%), Magnesium: 17.54mg (4.39%), Vitamin B2: 0.06mg (3.74%), Vitamin B1: 0.05mg (3.26%), Selenium: 1.59µg (2.28%), Zinc: 0.29mg (1.95%), Vitamin E: 0.27mg (1.77%)