



## 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

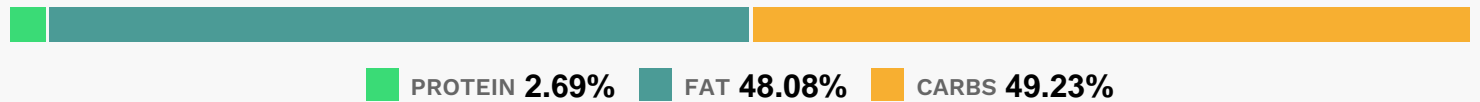
Melt butter in heavy large pot over medium heat.

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: 0g (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%)