



Carrots in Dill Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 carrots peeled sliced into 1 inch pieces
- ☐ 0.5 teaspoon dill seed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1 teaspoon sugar white

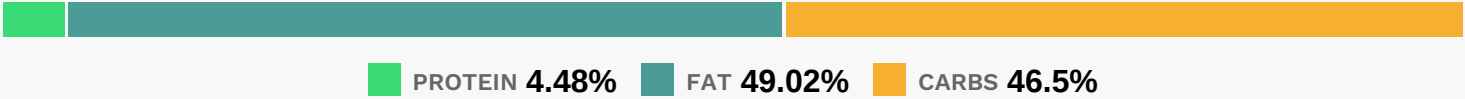
Equipment

- ☐ sauce pan

Directions

☐ In a medium-sized heavy saucepan, combine carrots, water, butter, sugar, salt and dill seed. Bring to a boil; reduce heat, cover and simmer 25 to 30 minutes, or until carrots are tender and most of the liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:27.82, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:7.8260870070561%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 69.91kcal (3.5%), Fat: 4.01g (6.17%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.52g (5.03%), Cholesterol: 10.03mg (3.34%), Sodium: 280.94mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin A: 13704.26IU (274.09%), Vitamin K: 11.06µg (10.54%), Fiber: 2.31g (9.26%), Potassium: 263.52mg (7.53%), Manganese: 0.12mg (6%), Vitamin C: 4.84mg (5.86%), Vitamin B6: 0.11mg (5.64%), Vitamin E: 0.65mg (4.3%), Vitamin B3: 0.81mg (4.03%), Folate: 15.61µg (3.9%), Vitamin B1: 0.05mg (3.64%), Calcium: 31.33mg (3.13%), Phosphorus: 30.07mg (3.01%), Vitamin B2: 0.05mg (2.9%), Magnesium: 10.5mg (2.63%), Vitamin B5: 0.23mg (2.27%), Copper: 0.04mg (2.07%), Iron: 0.28mg (1.53%), Zinc: 0.21mg (1.41%)