



## Carrots with Apricot Preserves

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

### Ingredients

- 1 cup apricot preserves
- 16 ounce baby carrots
- 2 tablespoons cornstarch
- 0.3 cup apricots dried sliced
- 0.3 cup golden raisins
- 1 cup water

### Equipment

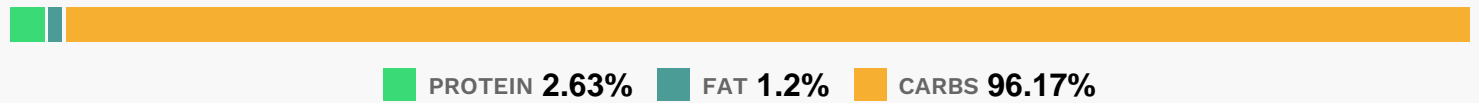
- sauce pan

- oven
- baking pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Bring carrots and water to a boil in a saucepan over high heat. Reduce heat to medium, cover, and steam until the carrots are just tender, about 5 minutes.
- Meanwhile, stir together the apricot preserves, cornstarch, dried apricots, and raisins in a saucepan.
- Place over medium heat, and cook until the mixture bubbles, thickens, and turns clear, 2 to 3 minutes.
- Once the carrots have cooked, drain, and stir into the apricot preserves.
- Pour into a baking dish, and bake in preheated oven until the sauce has thickened further, and turned light brown, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.01, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:8.5369565383248%

## Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 163.34kcal (8.17%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 39.28g (14.28%), Sugar: 27.18g (30.2%), Cholesterol: 0mg (0%), Sodium: 78.22mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin A: 10701.12IU (214.02%), Fiber: 2.97g (11.89%), Potassium: 317.52mg (9.07%), Copper: 0.16mg (8.16%), Manganese: 0.16mg (8.13%), Vitamin K: 7.49µg (7.13%), Vitamin C: 5.68mg (6.89%), Iron: 1.13mg (6.28%), Vitamin B6: 0.11mg (5.73%), Folate: 21.53µg (5.38%), Calcium: 39.5mg (3.95%), Vitamin B5: 0.35mg (3.47%), Magnesium: 13.46mg (3.36%), Phosphorus: 33.49mg (3.35%), Vitamin B3: 0.64mg (3.22%), Vitamin B2: 0.05mg (3.03%), Selenium: 1.71µg (2.44%), Vitamin E: 0.29mg (1.95%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.2mg (1.32%)