



Carrots with Honey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1 pound carrots diagonally sliced
- ☐ 1 teaspoon ginger fresh minced
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated

☐ 0.5 teaspoon salt

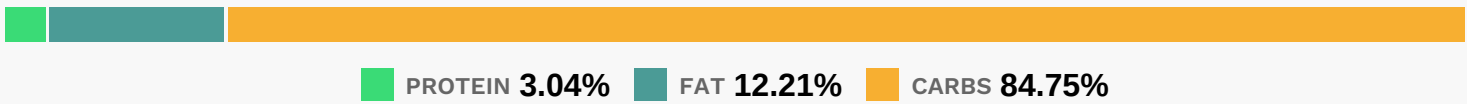
Equipment

☐ sauce pan

Directions

- ☐ Cook first 5 ingredients in a 2-quart saucepan over medium heat, stirring often, 20 minutes or until carrot is tender.
- ☐ Remove from heat; stir in honey and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:49.53, Glycemic Load:16.58, Inflammation Score:-10, Nutrition Score:10.106086898433%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 158.98kcal (7.95%), Fat: 2.32g (3.57%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 32.95g (11.98%), Sugar: 29.95g (33.27%), Cholesterol: 0mg (0%), Sodium: 393.94mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin A: 19067.76IU (381.36%), Vitamin C: 16.15mg (19.58%), Vitamin K: 15.01µg (14.29%), Fiber: 3.32g (13.28%), Potassium: 416.92mg (11.91%), Manganese: 0.19mg (9.48%), Vitamin B6: 0.17mg (8.62%), Folate: 27.31µg (6.83%), Vitamin B3: 1.22mg (6.12%), Vitamin B1: 0.09mg (6.03%), Vitamin E: 0.84mg (5.62%), Vitamin B2: 0.08mg (4.89%), Phosphorus: 44.82mg (4.48%), Calcium: 42.84mg (4.28%), Magnesium: 16.55mg (4.14%), Vitamin B5: 0.37mg (3.68%), Copper: 0.07mg (3.54%), Iron: 0.5mg (2.79%), Zinc: 0.35mg (2.32%)