



Carrots With Horseradish Glaze

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 3 tablespoons butter
- ☐ 0.3 cup honey
- ☐ 2 tablespoons horseradish prepared
- ☐ 1.3 teaspoons salt divided

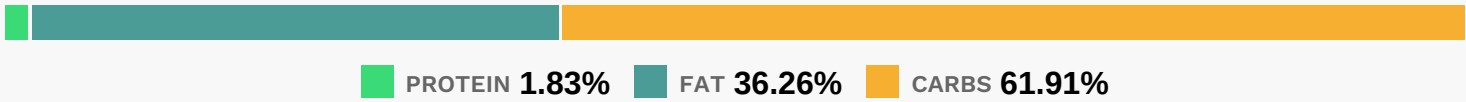
Equipment

- ☐ sauce pan

Directions

- ☐ Cook carrots and 1 teaspoon salt in boiling water to cover in a large saucepan 15 minutes or until tender; drain.
- ☐ Melt 3 tablespoons butter in saucepan over medium-high heat; stir in honey, horseradish, and remaining 1/4 teaspoon salt.
- ☐ Add carrots, and cook, stirring gently, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:34.32, Glycemic Load:12.35, Inflammation Score:-10, Nutrition Score:9.1734782172286%

Nutrients (% of daily need)

Calories: 204.45kcal (10.22%), Fat: 8.71g (13.41%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 29.88g (10.87%), Sugar: 29.2g (32.44%), Cholesterol: 22.58mg (7.53%), Sodium: 915.31mg (39.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin A: 15900.14IU (318%), Fiber: 3.59g (14.37%), Vitamin K: 11.49µg (10.94%), Manganese: 0.21mg (10.26%), Folate: 35.77µg (8.94%), Potassium: 304.56mg (8.7%), Vitamin B6: 0.13mg (6.58%), Iron: 1.17mg (6.49%), Copper: 0.13mg (6.42%), Vitamin C: 4.96mg (6.01%), Vitamin B5: 0.49mg (4.92%), Calcium: 45.15mg (4.52%), Phosphorus: 37.73mg (3.77%), Magnesium: 14.16mg (3.54%), Vitamin B3: 0.7mg (3.49%), Vitamin B2: 0.06mg (3.35%), Vitamin B1: 0.04mg (2.34%), Selenium: 1.56µg (2.23%), Zinc: 0.33mg (2.19%), Vitamin E: 0.24mg (1.63%)