



Carrots with Lemon Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 2 teaspoons juice of lemon fresh ()
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.5 tablespoons butter light
- ☐ 0.3 teaspoon salt

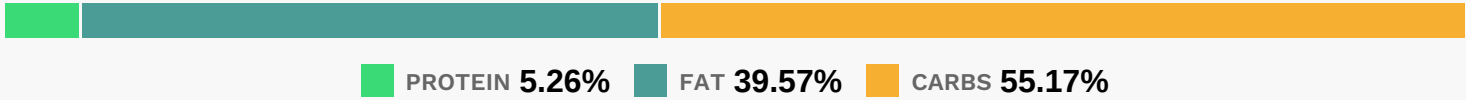
Equipment

- ☐ frying pan

Directions

- ☐ Steam carrots, covered, 6 to 7 minutes or until crisp-tender; drain well. Return carrots to pan.
- ☐ Add lemon rind and remaining ingredients; stir until butter melts.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:8.6004348170498%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.55kcal (3.33%), Fat: 3.05g (4.69%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 6.23g (2.27%), Sugar: 5.47g (6.08%), Cholesterol: 5.57mg (1.86%), Sodium: 235.72mg (10.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 15727.02IU (314.54%), Fiber: 3.32g (13.29%), Vitamin K: 10.91µg (10.39%), Manganese: 0.17mg (8.6%), Potassium: 275.49mg (7.87%), Folate: 31.2µg (7.8%), Vitamin B6: 0.12mg (6.06%), Iron: 1.07mg (5.95%), Copper: 0.11mg (5.71%), Vitamin C: 4.24mg (5.14%), Vitamin B5: 0.46mg (4.59%), Calcium: 39.38mg (3.94%), Phosphorus: 33.77mg (3.38%), Vitamin B3: 0.63mg (3.17%), Magnesium: 11.79mg (2.95%), Vitamin B2: 0.05mg (2.65%), Vitamin B1: 0.04mg (2.35%), Selenium: 1.08µg (1.54%), Zinc: 0.21mg (1.39%)