



Cider-Glazed Carrots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



75 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 9 cups julienne-cut carrot (3-inch) ()
- 0.3 teaspoon celery seeds
- 2 tablespoons cider vinegar
- 0.5 teaspoon mustard dry
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon paprika

0.3 teaspoon salt

Equipment

frying pan

sauce pan

Directions

Place carrot in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 1 minute or until tender.

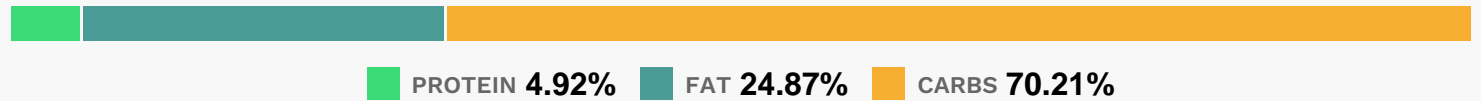
Drain.

Combine brown sugar and remaining ingredients except parsley in a large nonstick skillet over low heat; cook until butter melts, stirring frequently. Bring to a boil.

Reduce heat to medium; add carrots. Cook 3 minutes or until carrots are glazed and thoroughly heated, stirring constantly.

Sprinkle with chopped parsley; toss to combine.

Nutrition Facts



Properties

Glycemic Index:15.32, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:8.7782609025421%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 74.97kcal (3.75%), Fat: 2.18g (3.35%), Saturated Fat: 1.23g (7.72%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 11.08g (4.03%), Sugar: 9.02g (10.03%), Cholesterol: 5.02mg (1.67%), Sodium: 131.42mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin A: 16165.24IU (323.3%), Vitamin K: 18.37µg (17.5%), Fiber: 2.74g (10.97%), Potassium: 320.64mg (9.16%), Manganese: 0.15mg (7.68%), Vitamin C: 6.12mg (7.42%), Vitamin B6: 0.14mg (6.86%), Vitamin B3: 0.97mg (4.84%), Vitamin E: 0.72mg (4.79%), Folate:

19.04µg (4.76%), Vitamin B1: 0.06mg (4.32%), Calcium: 37.86mg (3.79%), Phosphorus: 35.92mg (3.59%), Vitamin B2: 0.06mg (3.42%), Magnesium: 12.91mg (3.23%), Vitamin B5: 0.27mg (2.75%), Copper: 0.05mg (2.39%), Iron: 0.39mg (2.17%), Zinc: 0.25mg (1.67%)