



Cider-Glazed Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby carrots with tops
- ☐ 1 teaspoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 teaspoon kosher salt

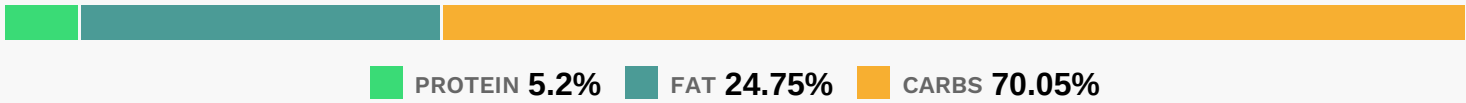
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Trim, but don't peel, carrots. Cook carrots in boiling water for 5 minutes; drain. Rinse under cold water.
- ☐ Remove skins by rubbing carrots gently with a clean, dry paper towel. Bring vinegar and brown sugar to a boil in a medium skillet; cook 6 minutes or until reduced to 1/4 cup.
- ☐ Add carrots; increase heat to high, and cook 2 minutes or until sauce is syrupy and coats carrots. Stir in butter and kosher salt.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:12.736086997325%

Nutrients (% of daily need)

Calories: 114.55kcal (5.73%), Fat: 3.13g (4.82%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 13.37g (4.86%), Sugar: 11.89g (13.21%), Cholesterol: 7.53mg (2.51%), Sodium: 346.52mg (15.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin A: 31362.66IU (627.25%), Fiber: 6.58g (26.31%), Manganese: 0.42mg (20.89%), Vitamin K: 21.56µg (20.54%), Potassium: 561.52mg (16.04%), Folate: 61.35µg (15.34%), Vitamin B6: 0.24mg (11.93%), Iron: 2.09mg (11.6%), Copper: 0.23mg (11.49%), Vitamin B5: 0.91mg (9.15%), Calcium: 76.43mg (7.64%), Vitamin C: 5.9mg (7.15%), Phosphorus: 66.77mg (6.68%), Vitamin B3: 1.26mg (6.32%), Magnesium: 24.34mg (6.08%), Vitamin B2: 0.08mg (4.87%), Vitamin B1: 0.07mg (4.55%), Selenium: 2.12µg (3.03%), Zinc: 0.4mg (2.68%)