



Cinnamon and Orange Glazed Carrots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter melted
- 2 pounds carrots peeled sliced
- 1 teaspoon ground cinnamon
- 0.3 cup orange juice
- 0.3 cup sugar white

Equipment

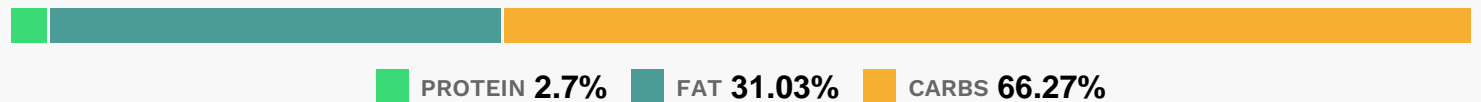
- bowl

- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place carrots into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until slightly tender, about 5 minutes.
- Drain.
- Whisk butter, orange juice, brown sugar, white sugar, and cinnamon together in a large bowl until sugars are dissolved.
- Add carrots to the glaze mixture; toss to coat.
- Transfer carrots and glaze to a 1-quart baking dish.
- Bake in the preheated oven until carrots are tender, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.99, Glycemic Load:9.83, Inflammation Score:-10, Nutrition Score:9.7208695703227%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 168.38kcal (8.42%), Fat: 6.07g (9.34%), Saturated Fat: 3.69g (23.03%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 25.84g (9.4%), Sugar: 23.24g (25.83%), Cholesterol: 15.25mg (5.08%), Sodium: 126.61mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin A: 19137.8IU (382.76%), Vitamin K: 15.55µg (14.81%), Fiber: 3.32g (13.29%), Vitamin C: 10.57mg (12.82%), Potassium: 393.51mg (11.24%), Manganese:

0.21mg (10.66%), Vitamin B6: 0.16mg (8.2%), Vitamin E: 0.92mg (6.15%), Folate: 24.19µg (6.05%), Vitamin B3: 1.16mg (5.81%), Vitamin B1: 0.08mg (5.48%), Calcium: 50.17mg (5.02%), Phosphorus: 43.24mg (4.32%), Vitamin B2: 0.07mg (4.25%), Magnesium: 15.58mg (3.89%), Vitamin B5: 0.35mg (3.45%), Copper: 0.06mg (3.01%), Iron: 0.45mg (2.48%), Zinc: 0.29mg (1.94%)