



Citrus-Glazed Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 2.5 pounds carrots peeled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime zest finely grated
- ☐ 1 cup orange juice fresh
- ☐ 2.5 teaspoons orange zest finely grated
- ☐ 1 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 2 cups water ()

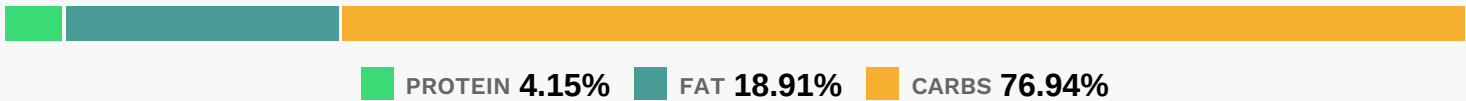
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Combine carrots and 2 cups water in heavylarge skillet.
- ☐ Add all remaining ingredientsexcept parsley. If needed, add enough waterto just cover carrots. Bring to boil, stirringuntil sugar dissolves. Boil just until carrotsare crisp-tender, stirring occasionally, 8 to9 minutes. Using slotted spoon, transfercarrots to medium bowl; cool. Boil cookingliquid in skillet until slightly reduced, about5 minutes.
- ☐ Transfer to small bowl. DO AHEAD: Can be made 1 day ahead. Cover carrots and cooking liquid separately; chill.
- ☐ Bring reserved cooking liquid to boil inlarge skillet over medium-high heat.
- ☐ Addcarrots and boil until just tender and liquid isthickened to light syrup consistency, stirringoccasionally, about 5 minutes. Season withsalt and pepper.
- ☐ Transfer to serving bowl.
- ☐ Sprinkle with parsley.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:35.37, Glycemic Load:14.89, Inflammation Score:-10, Nutrition Score:12.305652143191%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 4.6mg, Hesperetin: 4.6mg, Hesperetin: 4.6mg, Hesperetin: 4.6mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 148.11kcal (7.41%), Fat: 3.29g (5.06%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 25.97g (9.45%), Sugar: 21.94g (24.38%), Cholesterol: 7.53mg (2.51%), Sodium: 414.85mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Vitamin A: 23878.6IU (477.57%), Vitamin C: 27.79mg (33.69%), Vitamin K: 27.24µg (25.94%), Fiber: 4.16g (16.63%), Potassium: 530.2mg (15.15%), Vitamin B6: 0.21mg (10.64%), Manganese: 0.21mg (10.52%), Folate: 38.08µg (9.52%), Vitamin B1: 0.12mg (8.32%), Vitamin B3: 1.54mg (7.71%), Vitamin E: 1.05mg (7.01%), Vitamin B2: 0.1mg (5.73%), Phosphorus: 57.29mg (5.73%), Calcium: 56.03mg (5.6%), Magnesium: 22.11mg (5.53%), Vitamin B5: 0.47mg (4.65%), Copper: 0.09mg (4.58%), Iron: 0.54mg (3.01%), Zinc: 0.38mg (2.54%)