



Classic Glazed Carrots



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots peeled
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon salt
- ☐ 0.3 cup chicken stock see for vegetarian option (use vegetable stock)
- ☐ 1 tablespoon sugar
- ☐ 0.3 teaspoon pepper white

Equipment

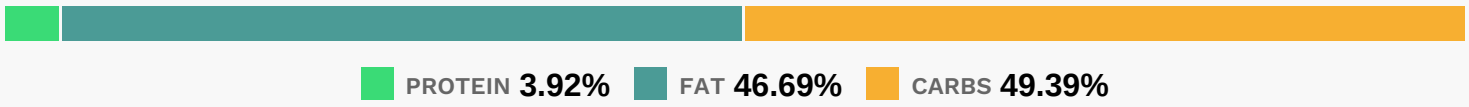
- ☐ frying pan

☐ pot

Directions

- ☐ Prep the carrots: Slice the carrots into 1/8 to 1/4-inch disks or diagonally. Try to cut the pieces so they are about the same size as each other, so they cook evenly.
- ☐ Sauté carrots in butter: Melt the butter in a sauté pan over medium-high heat, then add the carrots. Toss to combine and reduce the heat to medium.
- ☐ Sprinkle the salt over carrots and toss again. Sauté for 3-4 minutes.
- ☐ Add sugar, pepper, stock: then add the sugar and white pepper (if using) and toss to combine.
- ☐ Add the stock. Cover the pot and cook for another 3 minutes.
- ☐ Reduce liquid to a glaze: Uncover the pot and increase heat to medium-high. Toss the carrots once or twice to keep them moving, and cook away most of the liquid. Turn off the heat and taste.
- ☐ Add more salt and sugar to taste.

Nutrition Facts



Properties

Glycemic Index:40.48, Glycemic Load:5.81, Inflammation Score:-10, Nutrition Score:9.1813044269448%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 109.58kcal (5.48%), Fat: 5.96g (9.17%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 10.98g (3.99%), Sugar: 8.54g (9.49%), Cholesterol: 15.05mg (5.02%), Sodium: 738.75mg (32.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin A: 19160.93IU (383.22%), Vitamin K: 15.46µg (14.72%), Fiber: 3.21g (12.83%), Potassium: 364.83mg (10.42%), Manganese: 0.17mg (8.47%), Vitamin C: 6.72mg (8.14%), Vitamin B6: 0.16mg (7.84%), Vitamin E: 0.91mg (6.07%), Vitamin B3: 1.12mg (5.59%), Folate: 21.77µg (5.44%), Vitamin B1: 0.08mg (5.01%), Phosphorus: 41.59mg (4.16%), Vitamin B2: 0.07mg (4.05%), Calcium: 39.82mg (3.98%), Magnesium: 13.88mg (3.47%), Vitamin B5: 0.32mg (3.17%), Copper: 0.05mg (2.7%), Iron: 0.37mg (2.03%),

Zinc: 0.28mg (1.88%)