

Coconut Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

Ingredients

- 2 pounds carrots chopped
- 10 ounce cream of coconut canned

Equipment

- sauce pan

Directions

In a medium saucepan over medium heat, combine carrots and cream of coconut. Simmer until carrots are tender, about 20 minutes.

Nutrition Facts



PROTEIN 2.08% **FAT 27.46%** **CARBS 70.46%**

Properties

Glycemic Index:5.85, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:9.1965216981328%

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: 199.93kcal (10%), Fat: 6.18g (9.51%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 31.31g (11.39%), Sugar: 29g (32.22%), Cholesterol: 0mg (0%), Sodium: 95.96mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin A: 18944.29IU (378.89%), Fiber: 4.36g (17.42%), Vitamin K: 14.97µg (14.26%), Potassium: 362.87mg (10.37%), Vitamin C: 6.69mg (8.11%), Manganese: 0.16mg (8.11%), Vitamin B6: 0.16mg (7.82%), Vitamin B3: 1.11mg (5.57%), Folate: 21.55µg (5.39%), Vitamin E: 0.75mg (4.99%), Vitamin B1: 0.07mg (4.99%), Phosphorus: 39.69mg (3.97%), Vitamin B2: 0.07mg (3.87%), Calcium: 37.42mg (3.74%), Magnesium: 13.61mg (3.4%), Vitamin B5: 0.31mg (3.1%), Copper: 0.05mg (2.55%), Iron: 0.34mg (1.89%), Zinc: 0.27mg (1.81%)