



Copper Carrots

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 3 medium carrots julienned
- 0.5 teaspoon cornstarch
- 2 servings parsley fresh chopped
- 0.1 teaspoon ground ginger
- 2 tablespoons orange juice
- 0.3 teaspoon salt
- 2 teaspoons sugar

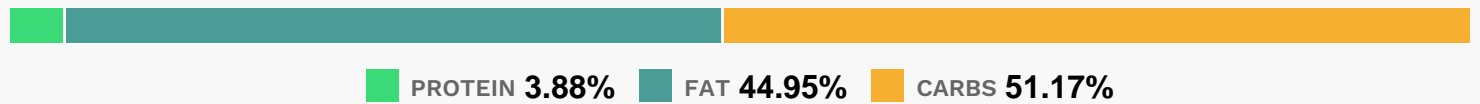
Equipment

- frying pan
- sauce pan

Directions

- In a small saucepan, cook carrots in water until tender; drain.
- Remove carrots; set aside and keep warm. In the same saucepan, combine sugar, cornstarch, salt and ginger. Gradually stir in orange juice; bring to a boil. Cook and stir for 2 minutes.
- Add butter. Return carrots to pan; heat through.
- Sprinkle with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:125.46, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:12.39304338266%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 114.52kcal (5.73%), Fat: 5.98g (9.2%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 12.57g (4.57%), Sugar: 9.8g (10.89%), Cholesterol: 15.05mg (5.02%), Sodium: 401.36mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin A: 15831.92IU (316.64%), Vitamin K: 78.19µg (74.46%), Vitamin C: 19.22mg (23.3%), Fiber: 2.75g (11%), Potassium: 352.45mg (10.07%), Manganese: 0.18mg (9.12%), Folate: 28.79µg (7.2%), Vitamin B6: 0.14mg (6.88%), Vitamin E: 0.8mg (5.35%), Vitamin B1: 0.08mg (5.3%), Vitamin B3: 1.03mg (5.17%), Calcium: 39.64mg (3.96%), Phosphorus: 39.19mg (3.92%), Vitamin B2: 0.07mg (3.85%), Magnesium: 15.28mg (3.82%), Iron: 0.59mg (3.27%), Vitamin B5: 0.31mg (3.06%), Copper: 0.06mg (2.8%), Zinc: 0.28mg (1.89%)