



Creamy Carrots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients

- 1.5 lb carrots peeled cut into thin slices
- 2 oz philadelphia cream cheese cubed ()
- 2 Tbsp chives fresh chopped
- 0.5 cup vegetable broth fat-free reduced-sodium

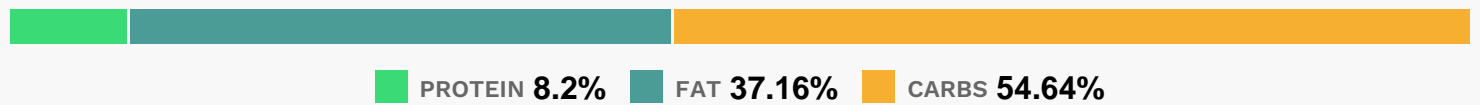
Equipment

- frying pan

Directions

- Bring carrots and broth to boil in large skillet on medium-high heat; cover. Simmer on medium-low heat 8 to 10 min. or until carrots are crisp-tender.
- Uncover; simmer 8 to 10 min. or until most the broth is cooked off and carrots are tender.
- Remove from heat.
- Add cream cheese; stir until melted.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:9.5221739631632%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 81.12kcal (4.06%), Fat: 3.53g (5.43%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.39g (3.05%), Sugar: 5.83g (6.48%), Cholesterol: 9.54mg (3.18%), Sodium: 107.95mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 19114.73IU (382.29%), Vitamin K: 17.3µg (16.47%), Fiber: 3.28g (13.14%), Potassium: 378.31mg (10.81%), Vitamin C: 7.27mg (8.81%), Manganese: 0.17mg (8.35%), Vitamin B6: 0.16mg (8.16%), Folate: 23.45µg (5.86%), Vitamin B3: 1.13mg (5.65%), Vitamin E: 0.83mg (5.55%), Vitamin B2: 0.09mg (5.22%), Vitamin B1: 0.08mg (5.19%), Phosphorus: 50.38mg (5.04%), Calcium: 47.51mg (4.75%), Magnesium: 14.88mg (3.72%), Vitamin B5: 0.37mg (3.67%), Copper: 0.05mg (2.72%), Zinc: 0.32mg (2.17%), Iron: 0.37mg (2.04%), Selenium: 0.94µg (1.34%)