



Dilled Baby Carrots

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



26 kcal

SIDE DISH

Ingredients

- 1.5 pounds baby carrots
- 0.3 teaspoon pepper black
- 2 teaspoons butter
- 2 tablespoons less-sodium chicken broth fat-free
- 1 tablespoon optional: dill fresh chopped
- 0.5 teaspoon salt

Equipment

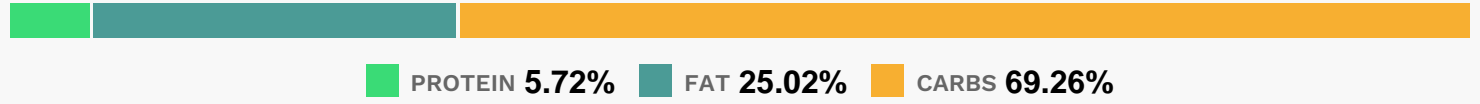
- frying pan

sauce pan

Directions

Place carrots in a saucepan; cover with water, and bring to a boil. Cook 8 minutes or until tender; drain. Return carrots to pan; toss with remaining ingredients until butter is melted.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:6.4256521664236%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 26.04kcal (1.3%), Fat: 0.76g (1.16%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.7g (3%), Cholesterol: 1.79mg (0.6%), Sodium: 156.59mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin A: 7842.42IU (156.85%), Fiber: 1.66g (6.62%), Vitamin K: 5.46µg (5.2%), Manganese: 0.09mg (4.59%), Potassium: 136.14mg (3.89%), Folate: 15.42µg (3.85%), Vitamin B6: 0.06mg (3%), Copper: 0.06mg (2.89%), Iron: 0.52mg (2.86%), Vitamin B5: 0.23mg (2.32%), Calcium: 18.76mg (1.88%), Vitamin C: 1.5mg (1.82%), Vitamin B3: 0.33mg (1.65%), Phosphorus: 16.43mg (1.64%), Magnesium: 5.8mg (1.45%), Vitamin B2: 0.02mg (1.26%), Vitamin B1: 0.02mg (1.15%)