



Easy Glazed Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

Ingredients

- 2 pounds carrots peeled
- 4 teaspoons dijon mustard
- 6 servings kosher salt
- 0.3 cup brown sugar light packed
- 5 tablespoons butter unsalted
- 1 teaspoon citrus champagne vinegar

Equipment

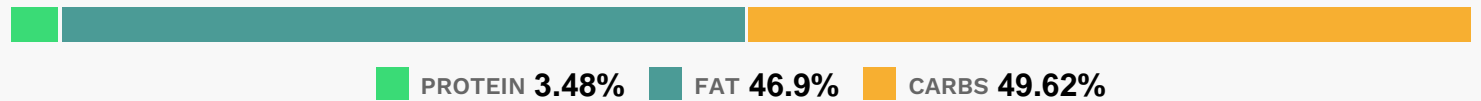
- sauce pan

whisk

Directions

- Bring a large saucepan of generously salted water to a boil over high heat.
- Add the carrots and cook until crisp-tender, about 5 minutes.
- Drain and set aside.
- Place the saucepan over low heat.
- Add the butter, brown sugar, and mustard and heat, whisking occasionally, until the butter has melted and the sugar has dissolved, about 3 minutes. Return the carrots to the saucepan.
- Add the vinegar, stir to coat the carrots, and heat until warm, about 2 minutes. Taste and season with salt as needed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:11.157391298076%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 182.67kcal (9.13%), Fat: 9.94g (15.29%), Saturated Fat: 6.05g (37.81%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 19.29g (7.01%), Sugar: 16.11g (17.9%), Cholesterol: 25.08mg (8.36%), Sodium: 338.7mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 25552.96IU (511.06%), Vitamin K: 20.82µg (19.83%), Fiber: 4.38g (17.51%), Potassium: 504.19mg (14.41%), Manganese: 0.24mg (11.87%), Vitamin C: 8.94mg (10.83%), Vitamin B6: 0.22mg (10.75%), Vitamin E: 1.28mg (8.53%), Vitamin B3: 1.52mg (7.6%), Folate: 29.4µg (7.35%), Vitamin B1: 0.11mg (7.11%), Calcium: 62.57mg (6.26%), Phosphorus: 59.75mg (5.98%), Vitamin B2: 0.09mg (5.52%), Magnesium: 20.84mg (5.21%), Vitamin B5: 0.45mg (4.48%), Copper: 0.08mg (3.85%), Iron: 0.58mg (3.22%), Zinc: 0.4mg (2.65%), Selenium: 1.51µg (2.16%), Vitamin D: 0.17µg (1.17%)