



## FROGHOPPER's Candied Ginger Carrots

 Vegetarian  Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

### Ingredients

- 12 ounce baby carrots
- 2 tablespoons brown sugar
- 3 tablespoons butter
- 1.5 teaspoons ground ginger
- 0.3 teaspoon salt
- 1 cup water

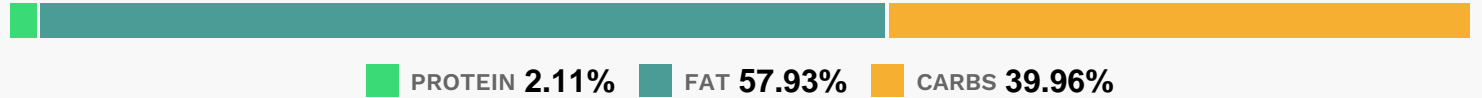
### Equipment

- sauce pan

## Directions

- Bring carrots and water to a boil in a saucepan, reduce heat to low, and simmer until the carrots are tender, about 10 minutes.
- Drain carrots; stir in butter until carrots are coated. Stir in brown sugar, ginger, and salt; bring to a boil, and cook the carrots, stirring often, until the carrots are glazed, 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:8.3726087419883%

## Nutrients (% of daily need)

Calories: 130.36kcal (6.52%), Fat: 8.66g (13.32%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 10.87g (3.95%), Sugar: 9.9g (11%), Cholesterol: 22.58mg (7.53%), Sodium: 284.04mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin A: 11990.82IU (239.82%), Manganese: 0.38mg (19.12%), Fiber: 2.57g (10.29%), Vitamin K: 8.74µg (8.32%), Potassium: 222mg (6.34%), Folate: 23.44µg (5.86%), Iron: 0.95mg (5.29%), Copper: 0.1mg (5.05%), Vitamin B6: 0.1mg (4.84%), Calcium: 37.44mg (3.74%), Vitamin B5: 0.36mg (3.64%), Magnesium: 11.46mg (2.86%), Phosphorus: 27.83mg (2.78%), Vitamin B3: 0.56mg (2.78%), Vitamin C: 2.22mg (2.69%), Vitamin B2: 0.04mg (2.09%), Selenium: 1.36µg (1.94%), Vitamin B1: 0.03mg (1.76%), Vitamin E: 0.24mg (1.62%), Zinc: 0.19mg (1.26%)