



Ginger-Glazed Carrots

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 cups carrots sliced
- 1 teaspoon candied ginger finely chopped
- 0.3 cup sugar

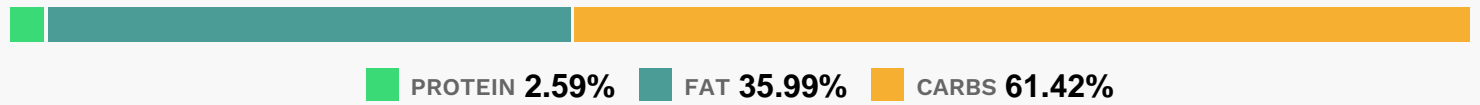
Equipment

- sauce pan

Directions

- Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan; add carrots.
- Heat to boiling; reduce heat. Cover and cook about 5 minutes or until crisp-tender; drain and set aside.
- Cook sugar, butter and ginger in same saucpan over low heat, stirring constantly, until bubbly; add carrots. Cook over low heat 1 to 2 minutes, stirring occasionally, until carrots are glazed and heated through.

Nutrition Facts



Properties

Glycemic Index:19.49, Glycemic Load:7.85, Inflammation Score:-10, Nutrition Score:7.0500000190476%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 94.52kcal (4.73%), Fat: 3.94g (6.06%), Saturated Fat: 0.8g (5%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 13.33g (4.85%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 88.37mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin A: 10858.77IU (217.18%), Vitamin K: 8.45µg (8.05%), Fiber: 1.79g (7.17%), Potassium: 206.93mg (5.91%), Manganese: 0.09mg (4.59%), Vitamin C: 3.79mg (4.59%), Vitamin B6: 0.09mg (4.44%), Vitamin E: 0.57mg (3.78%), Vitamin B3: 0.63mg (3.15%), Folate: 12.21µg (3.05%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.04mg (2.38%), Phosphorus: 23.47mg (2.35%), Calcium: 22.6mg (2.26%), Magnesium: 7.82mg (1.96%), Vitamin B5: 0.18mg (1.79%), Copper: 0.03mg (1.47%), Iron: 0.2mg (1.09%), Zinc: 0.15mg (1.03%)