



Ginger-Orange Glazed Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots peeled cut into 1/4-inch slices
- 1 teaspoon ginger grated
- 2 tablespoons agave nectar
- 0.5 cup orange juice
- 1 teaspoon orange zest grated for garnish (plus additional)
- 0.3 teaspoon salt to taste (optional or)
- 1.5 cups water

Equipment

sauce pan

Directions

- Place the carrots in a medium-sized sauce pan and add salt and water. Cover and bring to a boil. Boil just until carrots are beginning to soften, about 3 minutes for very small carrots, longer for thicker carrots.
- Drain water and return carrots to sauce pan.
- Add the remaining ingredients to the carrots and bring to a simmer over medium heat. Cook uncovered, stirring often, until the liquid is reduced until very little—about a tablespoon—remains.
- Serve hot, warm, or cold with additional orange peel as garnish.

Nutrition Facts

PROTEIN **4.33%** FAT **2.63%** CARBS **93.04%**

Properties

Glycemic Index:20.5, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:10.280434766541%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 87.07kcal (4.35%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 17.37g (6.32%), Sugar: 15.15g (16.83%), Cholesterol: 0mg (0%), Sodium: 239.04mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin A: 15701.7IU (314.03%), Vitamin C: 20.94mg (25.38%), Fiber: 3.43g (13.74%), Vitamin K: 13.05µg (12.43%), Folate: 43.27µg (10.82%), Potassium: 334.34mg (9.55%), Manganese: 0.18mg (8.88%), Vitamin B6: 0.16mg (7.89%), Copper: 0.14mg (7.19%), Iron: 1.09mg (6.05%), Vitamin B5: 0.52mg (5.17%), Vitamin B1: 0.08mg (5.03%), Calcium: 43.44mg (4.34%), Vitamin B3: 0.84mg (4.18%), Magnesium: 16.07mg (4.02%), Vitamin B2: 0.07mg (4%), Phosphorus: 37.4mg (3.74%), Selenium: 1.24µg (1.77%), Zinc: 0.22mg (1.48%)