



Gingered Carrots And Peas



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 3 cups julienne-cut carrot () (1 pound)
- ☐ 3 tablespoons brown sugar dark
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 0.5 cup peas frozen thawed
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add carrot
- ☐ and sugar; stir well. Reduce heat to medium-low; cook, covered, 15 minutes or until carrot is tender, stirring occasionally.
- ☐ Add peas, ginger, salt, and pepper; cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:47.04, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:10.31956519721%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 102.04kcal (5.1%), Fat: 1.83g (2.81%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 16.98g (6.17%), Sugar: 14.31g (15.9%), Cholesterol: 4.03mg (1.34%), Sodium: 227.11mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin A: 16223.61IU (324.47%), Vitamin K: 17.4µg (16.57%), Vitamin C: 12.93mg (15.67%), Fiber: 3.74g (14.97%), Manganese: 0.23mg (11.31%), Potassium: 365.74mg (10.45%), Vitamin B6: 0.17mg (8.37%), Folate: 30.21µg (7.55%), Vitamin B1: 0.11mg (7.45%), Vitamin B3: 1.34mg (6.68%), Phosphorus: 54.17mg (5.42%), Vitamin B2: 0.08mg (4.73%), Vitamin E: 0.7mg (4.68%), Magnesium: 18.57mg (4.64%), Calcium: 44.54mg (4.45%), Copper: 0.08mg (4.04%), Iron: 0.63mg (3.49%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.3mg (2.96%)