



Glazed Baby Carrots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- 0.5 cup apple juice
- 1.5 pounds baby carrots with tops, peeled and trimmed
- 0.8 cup firmly brown sugar light packed
- 8 tablespoons butter
- 1 teaspoon dijon mustard
- 1 teaspoon salt
- 0.3 teaspoon paprika smoked

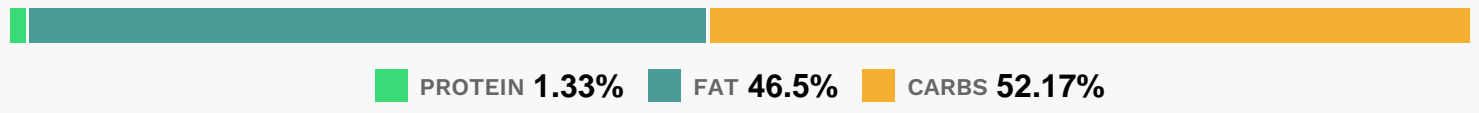
Equipment

- frying pan
- wooden spoon
- dutch oven

Directions

- In a large Dutch oven, melt 2 tablespoons of the butter over medium-high heat.
- Add half of the carrots and cook, stirring occasionally, until the carrots are lightly browned, about 3 minutes.
- Remove from the pan and set aside. Repeat with 2 more tablespoons of the butter and the remaining carrots.
- Stir the apple juice into the pan, scraping any browned bits from the bottom of the pan with a wooden spoon. Cook over medium heat until the liquid is reduced by half, about 6 minutes. Stir in the sugar, mustard, salt, paprika and the remaining 4 tablespoons butter. Cook, stirring constantly, until the sugar dissolves and the mixture is smooth, about 3 minutes.
- Add the carrots to the sugar mixture, turning to coat. Bring to a low boil, and cook until the carrots are tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:8.0695652145406%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 216.21kcal (10.81%), Fat: 11.51g (17.71%), Saturated Fat: 7.22g (45.14%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 26.52g (9.64%), Sugar: 25.57g (28.41%), Cholesterol: 30.1mg (10.03%), Sodium: 460.36mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin A: 12109.44IU (242.19%), Fiber: 2.55g (10.18%), Vitamin K: 9.03µg (8.6%), Manganese: 0.16mg (7.87%), Potassium: 250.43mg (7.16%), Folate: 23.66µg (5.92%), Iron: 0.95mg (5.28%), Vitamin B6: 0.1mg (5.14%), Calcium: 49.65mg (4.97%), Copper: 0.1mg (4.89%), Vitamin B5: 0.39mg (3.95%), Phosphorus: 29.95mg (3%), Magnesium: 11.83mg (2.96%), Vitamin C: 2.35mg

(2.85%), Vitamin B3: 0.52mg (2.61%), Vitamin B2: 0.04mg (2.31%), Vitamin E: 0.35mg (2.31%), Vitamin B1: 0.03mg (2.06%), Selenium: 1.39µg (1.98%), Zinc: 0.17mg (1.16%)