



Glazed Baby Carrots

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- 1.5 pounds baby carrots with tops (3 bunches)
- 2 tablespoons butter
- 1 tablespoon dijon mustard
- 0.5 cup orange juice fresh
- 0.5 cup orange marmalade

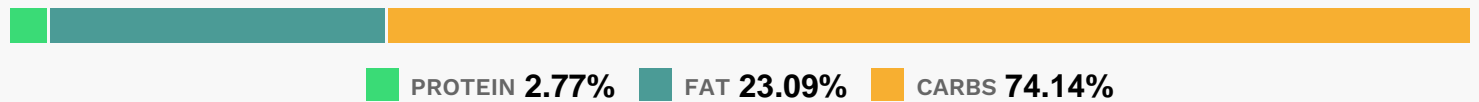
Equipment

- frying pan
- oven

Directions

- Preheat oven to 42
- Cut tops from carrots, leaving 1 inch of stems on each; gently wash and peel carrots. Bring marmalade and next 3 ingredients to a boil in a large ovenproof skillet over medium-high heat; add carrots, stirring to coat.
- Bake 30 minutes or until carrots are tender and lightly browned, stirring every 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:9.847826089548%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 149.57kcal (7.48%), Fat: 4.06g (6.24%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 25.68g (9.34%), Sugar: 23.17g (25.75%), Cholesterol: 10.03mg (3.34%), Sodium: 161.1mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Vitamin A: 15813.86IU (316.28%), Vitamin C: 14.57mg (17.66%), Fiber: 3.62g (14.5%), Vitamin K: 11.04µg (10.52%), Folate: 39.53µg (9.88%), Manganese: 0.19mg (9.49%), Potassium: 324.82mg (9.28%), Copper: 0.15mg (7.42%), Vitamin B6: 0.13mg (6.71%), Iron: 1.13mg (6.28%), Calcium: 51.39mg (5.14%), Vitamin B5: 0.51mg (5.11%), Phosphorus: 40.15mg (4.02%), Vitamin B1: 0.06mg (3.93%), Magnesium: 15.44mg (3.86%), Vitamin B3: 0.74mg (3.72%), Vitamin B2: 0.06mg (3.35%), Selenium: 2.1µg (3%), Zinc: 0.23mg (1.56%)