



Glazed Baby Carrots with Bourbon and Maple Syrup



Vegetarian



Gluten Free



Low Fod Map

READY IN



23 min.

SERVINGS



4

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baby carrots rinsed
- ☐ 1 tablespoon butter
- ☐ 0.3 cup maple syrup
- ☐ 1 pinch freshly cracked pepper black
- ☐ 4 servings sea salt
- ☐ 3 tablespoons bourbon whiskey

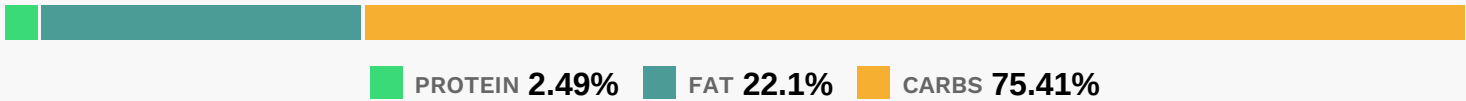
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a medium pot of water to a boil over medium heat.
- ☐ Add the baby carrots along with some salt and cook until just tender, about 5 minutes.
- ☐ Drain and set aside.
- ☐ In a small saute pan, add the butter, whisky and maple syrup and bring to a boil over medium heat. Lower the heat to a strong simmer and let the mixture reduce until thick and syrupy, about 6 to 8 minutes.
- ☐ Add the carrots and saute them until well glazed and just starting to color, about 4 to 5 minutes.
- ☐ Transfer the carrots to a serving bowl and sprinkle with the salt and pepper, to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:10.411739179946%

Nutrients (% of daily need)

Calories: 147.31kcal (7.37%), Fat: 2.99g (4.59%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 19.64g (7.14%), Sugar: 17.47g (19.41%), Cholesterol: 7.53mg (2.51%), Sodium: 306.56mg (13.33%), Alcohol: 4.05g (100%), Alcohol %: 3.45% (100%), Protein: 0.76g (1.52%), Vitamin A: 15725.2IU (314.5%), Manganese: 0.64mg (31.93%), Vitamin B2: 0.3mg (17.52%), Fiber: 3.29g (13.18%), Vitamin K: 10.95µg (10.42%), Potassium: 315.36mg (9.01%), Folate: 30.73µg (7.68%), Vitamin B6: 0.12mg (5.96%), Calcium: 59.29mg (5.93%), Iron: 1.04mg (5.77%), Copper: 0.12mg (5.77%), Vitamin B5: 0.46mg (4.59%), Magnesium: 15.68mg (3.92%), Vitamin C: 2.95mg (3.57%), Phosphorus: 32.97mg (3.3%), Vitamin B3: 0.65mg (3.27%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.34mg (2.27%), Selenium: 1.06µg (1.51%)