

Glazed Carrots

 Vegetarian  Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 2 pounds carrots peeled cut into sticks
- 0.1 teaspoon ground pepper white
- 0.3 teaspoon salt

Equipment

- bowl
- sauce pan

Directions

- Place carrots into a large saucepan, pour in enough water to reach depth of 1 inch, and bring to a boil. Reduce heat to low, cover, and simmer carrots until tender, 8 to 10 minutes.
- Drain and transfer to a bowl.
- Melt butter in the same saucepan; stir brown sugar, salt, and white pepper into butter until brown sugar and salt have dissolved.
- Transfer carrots into brown sugar sauce; cook and stir until carrots are glazed with sauce, about 5 more minutes.

Nutrition Facts



PROTEIN 3.49% **FAT 41.95%** **CARBS 54.56%**

Properties

Glycemic Index:12.1, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:9.2065217268208%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 123.57kcal (6.18%), Fat: 6.03g (9.27%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 14.45g (5.25%), Sugar: 12.05g (13.39%), Cholesterol: 15.25mg (5.08%), Sodium: 198.46mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin A: 19121.56IU (382.43%), Vitamin K: 15.47µg (14.73%), Fiber: 3.18g (12.73%), Potassium: 373.76mg (10.68%), Manganese: 0.17mg (8.4%), Vitamin C: 6.7mg (8.12%), Vitamin B6: 0.16mg (7.98%), Vitamin E: 0.91mg (6.09%), Vitamin B3: 1.13mg (5.63%), Folate: 21.83µg (5.46%), Vitamin B1: 0.08mg (5.01%), Calcium: 44.96mg (4.5%), Phosphorus: 41.72mg (4.17%), Vitamin B2: 0.07mg (4.01%), Magnesium: 14.4mg (3.6%), Vitamin B5: 0.33mg (3.26%), Copper: 0.05mg (2.73%), Iron: 0.4mg (2.2%), Zinc: 0.28mg (1.87%)