



Glazed Carrots



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots peeled
- ☐ 0.5 teaspoon chili powder
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 cup ginger ale
- ☐ 1 pinch heavy kosher salt
- ☐ 2 tablespoons butter unsalted

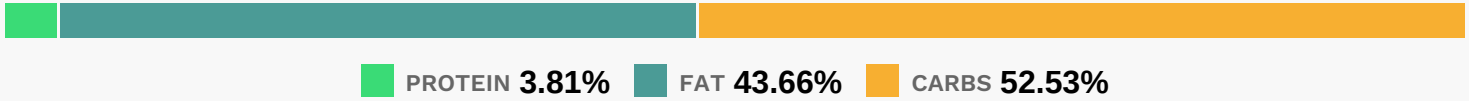
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a 12-inch saute pan over medium heat, combine the carrots, butter, salt and ginger ale. Cover and bring to a simmer. Once simmering, remove the lid, stir, and reduce the heat to low. Cover again and cook for 5 minutes.
- ☐ Remove the lid, add the chili powder and increase the heat to high. Cook, tossing occasionally, until the ginger ale is reduced to a glaze, approximately 4 to 5 minutes.
- ☐ Pour into a serving dish and sprinkle with the parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:10.191739177574%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 117.81kcal (5.89%), Fat: 5.99g (9.22%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 12.93g (4.7%), Sugar: 10.66g (11.84%), Cholesterol: 15.05mg (5.02%), Sodium: 97.49mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin A: 19277.58IU (385.55%), Vitamin K: 32.12µg (30.59%), Fiber: 3.3g (13.18%), Potassium: 375.56mg (10.73%), Vitamin C: 8.02mg (9.72%), Manganese: 0.18mg (8.8%), Vitamin B6: 0.16mg (8.14%), Vitamin E: 1.01mg (6.76%), Folate: 23.35µg (5.84%), Vitamin B3: 1.16mg (5.8%), Vitamin B1: 0.08mg (5.11%), Calcium: 43.08mg (4.31%), Phosphorus: 42.7mg (4.27%), Vitamin B2: 0.07mg (4.2%), Magnesium: 15.21mg (3.8%), Copper: 0.07mg (3.34%), Vitamin B5: 0.32mg (3.23%), Iron: 0.55mg (3.07%), Zinc: 0.33mg (2.2%)