



Glazed Carrots

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- 1.5 lb baby carrots
- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 0.5 teaspoon orange zest grated
- 0.5 teaspoon salt

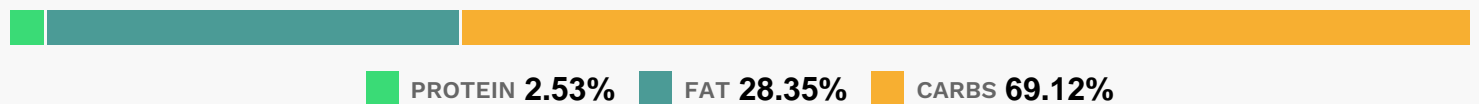
Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan, heat 1 inch water to boiling.
- Add carrots.
- Heat to boiling; reduce heat. Simmer uncovered 6 to 9 minutes or until crisp-tender; drain and set aside.
- In 12-inch skillet, cook remaining ingredients over medium heat, stirring constantly, until bubbly.
- Stir in carrots. Reduce heat to low. Cook about 5 minutes, stirring occasionally, until carrots are glazed and hot.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:8.6352173692506%

Nutrients (% of daily need)

Calories: 119.85kcal (5.99%), Fat: 3.9g (6.01%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 18.11g (6.59%), Sugar: 17.25g (19.17%), Cholesterol: 0mg (0%), Sodium: 329.67mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Vitamin A: 15805.22IU (316.1%), Fiber: 3.31g (13.22%), Vitamin K: 10.66µg (10.15%), Manganese: 0.18mg (8.98%), Potassium: 287.36mg (8.21%), Folate: 30.84µg (7.71%), Vitamin B6: 0.12mg (6.24%), Iron: 1.1mg (6.11%), Copper: 0.12mg (5.97%), Calcium: 48.22mg (4.82%), Vitamin B5: 0.48mg (4.76%), Vitamin C: 3.18mg (3.86%), Phosphorus: 33.35mg (3.33%), Vitamin B3: 0.65mg (3.23%), Magnesium: 12.62mg (3.16%), Vitamin B2: 0.04mg (2.51%), Vitamin B1: 0.03mg (2.31%), Selenium: 1.17µg (1.67%), Zinc: 0.2mg (1.32%)