



Glazed Carrots and Parsnips



Vegetarian



Gluten Free

READY IN



48 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 pound carrots (8)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 tablespoons honey
- ☐ 1 pound parsnips (10)
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons grain mustard whole

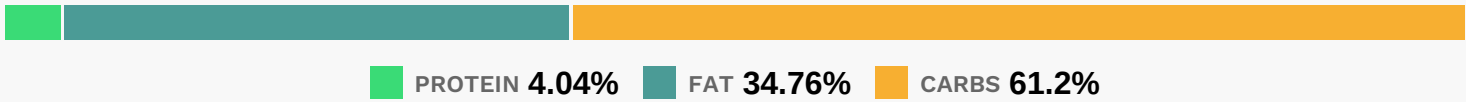
Equipment

☐ sauce pan

Directions

- ☐ Cut carrots and parsnips into 2- x 1/4-inch strips.
- ☐ Cook carrots and parsnips in boiling water to cover in a large saucepan 8 to 10 minutes or until tender, adding currants, if desired, during last 3 minutes of cooking; drain.
- ☐ Melt butter in large saucepan over medium heat; stir in mustard, honey, and salt until blended. Stir in carrot mixture, and cook 15 minutes or until thoroughly heated.
- ☐ Sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:6.8, Inflammation Score:-10, Nutrition Score:9.6982608929924%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 101.76kcal (5.09%), Fat: 4.16g (6.4%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 13.33g (4.85%), Sugar: 9.43g (10.48%), Cholesterol: 10.03mg (3.34%), Sodium: 212.23mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin A: 6463.01IU (129.26%), Vitamin K: 19.36µg (18.44%), Manganese: 0.29mg (14.65%), Fiber: 3.15g (12.6%), Vitamin C: 9.15mg (11.1%), Folate: 33.64µg (8.41%), Potassium: 276.83mg (7.91%), Vitamin E: 0.94mg (6.27%), Phosphorus: 47.06mg (4.71%), Vitamin B1: 0.07mg (4.6%), Vitamin B6: 0.09mg (4.59%), Magnesium: 18.3mg (4.58%), Selenium: 2.52µg (3.6%), Vitamin B5: 0.36mg (3.56%), Copper: 0.07mg (3.46%), Vitamin B3: 0.68mg (3.4%), Calcium: 31.29mg (3.13%), Vitamin B2: 0.05mg (2.86%), Iron: 0.47mg (2.6%), Zinc: 0.37mg (2.46%)