



Glazed Carrots For Two

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



2

CALORIES



158 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar packed
- 1 teaspoon cornstarch
- 0.1 teaspoon ground cinnamon
- 0.3 cup orange juice
- 1.5 cups carrots sliced (, 1/)
- 1 tablespoon butter

Equipment

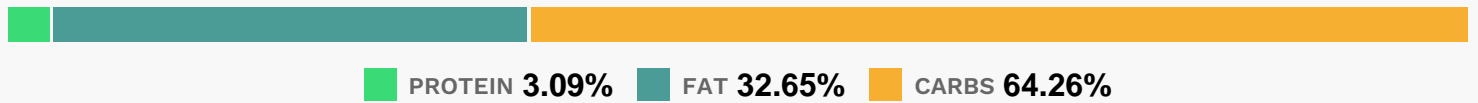
- whisk

- plastic wrap
- casserole dish
- microwave

Directions

- In a 3-cup casserole dish that's microwave-safe, whisk together the sugar, cornstarch and cinnamon; whisk in orange juice.
- Add carrots and stir.
- Dot with butter.
- Cover dish with vented plastic wrap and microwave on High for 3 minutes.
- Partially remove plastic and stir carrots.
- Put plastic wrap back in place and microwave on High until carrots are crisp-tender, 2 to 4 minutes longer (depending on the power of your microwave).
- This recipe can be cut in half to serve one, but cooking time will be shorter.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:10.399130429587%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 158.01kcal (7.9%), Fat: 5.95g (9.15%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 23.5g (8.54%), Sugar: 19.67g (21.85%), Cholesterol: 0mg (0%), Sodium: 136.13mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin A: 16371.18IU (327.42%), Vitamin C: 26.35mg (31.94%), Vitamin K: 12.75µg (12.15%), Potassium: 409.34mg (11.7%), Fiber: 2.85g (11.38%), Manganese: 0.17mg (8.66%), Vitamin B6: 0.15mg (7.74%), Folate: 30.84µg (7.71%), Vitamin B1: 0.1mg (6.75%), Vitamin E: 0.87mg (5.8%),

Vitamin B3: 1.13mg (5.63%), Calcium: 49.56mg (4.96%), Magnesium: 17.46mg (4.37%), Phosphorus: 42.93mg (4.29%), Vitamin B2: 0.07mg (4.16%), Vitamin B5: 0.36mg (3.63%), Copper: 0.07mg (3.4%), Iron: 0.47mg (2.62%), Zinc: 0.26mg (1.72%)