



Glazed carrots with peas



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 800 g chantenay carrot trimmed
- ☐ 85 g butter salted diced
- ☐ 1.5 tsp caster sugar
- ☐ 300 g pea fresh frozen shelled (or use)

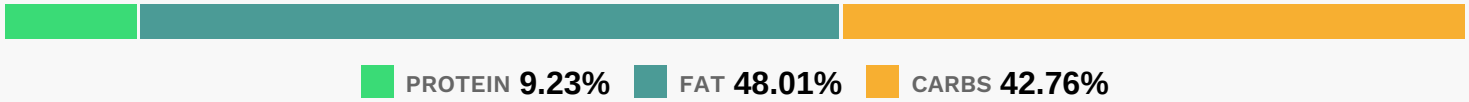
Equipment

- ☐ sauce pan

Directions

- ☐ Place the carrots in a medium-size saucepan with 125ml water, 50g butter, 1 tsp sugar and tsp sea salt. Bring the liquid to a simmer, cover, then cook over a low heat for 10-12 mins, stirring occasionally. Turn the heat up, then cook, uncovered, for 10-12 mins, stirring occasionally until all the liquid evaporates and they are glossy and coated,.
- ☐ Towards the end of this time, place the peas in a medium-size saucepan with remaining butter and sugar, tsp salt and 50ml water. Bring this to a simmer over a high heat, then cook for several mins, stirring or tossing the peas frequently until they are tender and have turned a beautiful luscious green.
- ☐ Drain and combine these in a serving dish with the carrots. Tuck in a few mint leaves, if you like.

Nutrition Facts



Properties

Glycemic Index:25.99, Glycemic Load:5.92, Inflammation Score:-10, Nutrition Score:12.08608695476%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 163.71kcal (8.19%), Fat: 9.06g (13.94%), Saturated Fat: 5.55g (34.66%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 12.92g (4.7%), Sugar: 6.77g (7.52%), Cholesterol: 22.84mg (7.61%), Sodium: 138.83mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin A: 16977.14IU (339.54%), Folate: 97.32µg (24.33%), Fiber: 5.24g (20.95%), Manganese: 0.32mg (16.06%), Vitamin K: 14.58µg (13.89%), Potassium: 426.82mg (12.19%), Phosphorus: 96.05mg (9.6%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.18mg (8.79%), Magnesium: 32.09mg (8.02%), Vitamin C: 6.05mg (7.33%), Copper: 0.15mg (7.28%), Iron: 1.24mg (6.91%), Vitamin E: 1.01mg (6.74%), Vitamin B3: 1.17mg (5.87%), Zinc: 0.73mg (4.89%), Vitamin B2: 0.08mg (4.85%), Calcium: 44.56mg (4.46%), Vitamin B5: 0.44mg (4.39%), Selenium: 1.15µg (1.64%)