



Glazed Carrots with Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1 cup brown sugar packed
- 6 cups carrots peeled diagonally sliced ()
- 1 teaspoon ginger fresh minced
- 1 tablespoon olive oil
- 1.5 cups pecans toasted

Equipment

- frying pan

Directions

- Heat oil in a nonstick frying pan over medium-high heat.
- Add carrots and cook, stirring frequently, 4 minutes. Stir in ginger and sugar and cook, stirring, until sugar melts, about 2 minutes.
- Add pecans and cook until carrots are tender when pierced and mixture is glazed in sugar, 3 to 5 minutes.

Nutrition Facts

PROTEIN 3.47% **FAT 45.46%** **CARBS 51.07%**

Properties

Glycemic Index:7.18, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:11.410869619121%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 230.24kcal (11.51%), Fat: 12.28g (18.89%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 27.46g (9.99%), Sugar: 25.57g (28.41%), Cholesterol: 0mg (0%), Sodium: 59.21mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Vitamin A: 12838.52IU (256.77%), Manganese: 0.79mg (39.63%), Fiber: 3.58g (14.32%), Copper: 0.22mg (11.18%), Vitamin K: 11.5µg (10.95%), Vitamin B1: 0.15mg (9.92%), Potassium: 336.75mg (9.62%), Vitamin B6: 0.15mg (7.33%), Magnesium: 29.25mg (7.31%), Phosphorus: 68.96mg (6.9%), Vitamin E: 0.92mg (6.11%), Zinc: 0.86mg (5.76%), Vitamin C: 4.7mg (5.7%), Calcium: 54.04mg (5.4%), Vitamin B3: 0.95mg (4.77%), Folate: 18.1µg (4.53%), Iron: 0.77mg (4.29%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.37mg (3.67%), Selenium: 0.91µg (1.3%)