



Glazed Cranberry Carrots

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

READY IN



25 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- 2 pounds baby carrots fresh
- 0.3 cup brown sugar packed
- 0.3 cup butter cubed
- 1 tablespoon juice of lemon
- 0.5 teaspoon salt
- 0.5 cup roasted cranberry sauce

Equipment

- frying pan

sauce pan

Directions

Place 1 in. of water in a large saucepan; add carrots. Bring to a boil. Reduce heat; cover and simmer for 10–12 minutes or until tender.

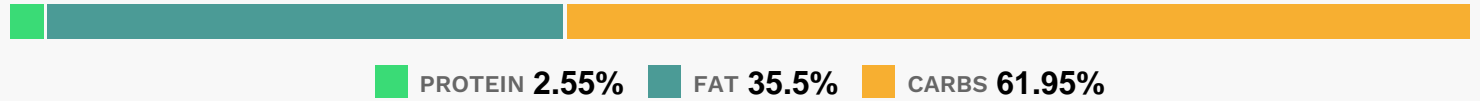
Drain and set aside.

In the same pan, combine the cranberry sauce, butter, brown sugar, lemon juice and salt. Cook and stir until cranberry sauce is melted and mixture is smooth.

Add carrots; stir to coat.

Heat through.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:10.343478188567%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 193.22kcal (9.66%), Fat: 7.91g (12.17%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 26.41g (9.6%), Sugar: 23.58g (26.2%), Cholesterol: 20.34mg (6.78%), Sodium: 376.3mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin A: 21096.44IU (421.93%), Fiber: 4.65g (18.6%), Vitamin K: 15.2µg (14.48%), Manganese: 0.25mg (12.45%), Potassium: 381.95mg (10.91%), Folate: 41.93µg (10.48%), Iron: 1.51mg (8.4%), Vitamin B6: 0.17mg (8.36%), Copper: 0.16mg (8.11%), Vitamin B5: 0.63mg (6.32%), Vitamin C: 5.13mg (6.22%), Calcium: 59.23mg (5.92%), Phosphorus: 46.11mg (4.61%), Vitamin B3: 0.88mg (4.4%), Magnesium: 16.76mg (4.19%), Vitamin B2: 0.06mg (3.7%), Vitamin B1: 0.05mg (3.33%), Vitamin E: 0.44mg (2.93%), Selenium: 1.66µg (2.37%), Zinc: 0.28mg (1.85%)