



Glazed Dijon Carrots



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby carrots sliced
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

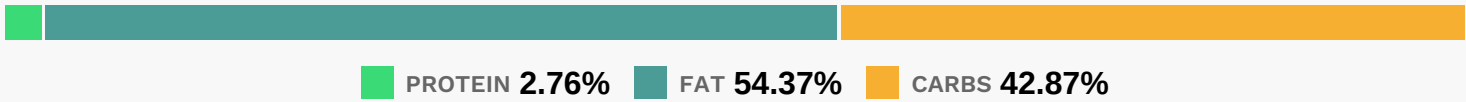
Equipment

☐ sauce pan

Directions

- ☐ Place carrots in a saucepan and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 12 minutes.
- ☐ Drain and transfer carrots to a serving dish.
- ☐ Heat butter in the same saucepan over medium heat; add brown sugar, mustard, ginger, and salt. Cook and stir until sugar is dissolved, 2 to 3 minutes.
- ☐ Pour sauce over carrots; toss to coat.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:9.1630434445713%

Nutrients (% of daily need)

Calories: 140.9kcal (7.04%), Fat: 8.8g (13.54%), Saturated Fat: 5.44g (33.99%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 12.13g (4.41%), Sugar: 11.29g (12.54%), Cholesterol: 22.58mg (7.53%), Sodium: 345.78mg (15.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin A: 15902.73IU (318.05%), Fiber: 3.48g (13.94%), Manganese: 0.27mg (13.72%), Vitamin K: 11.45µg (10.91%), Potassium: 288.21mg (8.23%), Folate: 31.29µg (7.82%), Iron: 1.16mg (6.47%), Vitamin B6: 0.13mg (6.3%), Copper: 0.13mg (6.25%), Vitamin B5: 0.49mg (4.87%), Calcium: 47.41mg (4.74%), Phosphorus: 38.98mg (3.9%), Selenium: 2.61µg (3.73%), Magnesium: 14.72mg (3.68%), Vitamin C: 2.97mg (3.59%), Vitamin B3: 0.69mg (3.43%), Vitamin B1: 0.04mg (2.78%), Vitamin B2: 0.05mg (2.78%), Vitamin E: 0.26mg (1.71%), Zinc: 0.24mg (1.6%)