



## Glazed French Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

### Ingredients

- ☐ 4 tbsp metric butter
- ☐ 2 cup round carrots french washed unpeeled
- ☐ 4 servings chives chopped
- ☐ 1 pinch salt
- ☐ 4 servings sea salt good
- ☐ 2 tablespoon sugar
- ☐ 2 sprigs thyme leaves

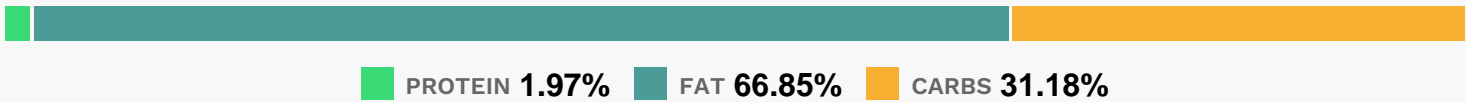
### Equipment

☐ frying pan

Directions

- ☐ Place the carrots into a sloped sided pan large enough to just hold the carrots in a single layer. Use multiple pans if necessary.
- ☐ Add enough cold water to barely cover them. The carrots cook quicker than some other root veggies so a little less water is better here.
- ☐ Add the butter, sugar, thyme, peppercorns and a pinch of salt. Bring the water to a very low boil then adjust the heat to achieve a gentle simmer.
- ☐ Simmer quietly for 15 or 20 minutes. Once the liquid has reduced by half and begins to thicken test them for done. They should be beginning to get tender somewhat, but not finished cooking.
- ☐ Begin rolling the veggies around in the pan from time to time. As they get nearly cooked and the glaze gets quite thick you will need to roll them more and more. Give them you undivided attention. You want to remove them from the heat at just the right time. . Most of the liquid will have evaporated and you will be left with glossy little gems. They should be cooked through but not mushy.
- ☐ You may make them several hours ahead, but do not refrigerate them.
- ☐ Serve them at room temperature or re-heated gently in their own glaze. Adjust seasoning, garnish with chopped chives and serve.

Nutrition Facts



Properties

Glycemic Index:64.23, Glycemic Load:6.26, Inflammation Score:-10, Nutrition Score:7.5326087539611%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 151.96kcal (7.6%), Fat: 11.7g (18.01%), Saturated Fat: 7.32g (45.77%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 10.39g (3.78%), Sugar: 9.05g (10.05%), Cholesterol: 30.53mg (10.18%), Sodium: 339.08mg (14.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin A: 11113.98IU (222.28%), Vitamin K: 11.57µg (11.02%), Fiber: 1.89g (7.55%), Vitamin C: 5.16mg (6.25%), Potassium: 214.38mg (6.13%), Manganese: 0.1mg (5.23%), Vitamin E: 0.75mg (5.03%), Vitamin B6: 0.09mg (4.59%), Folate: 13.86µg (3.47%), Vitamin B3: 0.65mg (3.25%), Vitamin B1: 0.04mg (2.93%), Calcium: 27.66mg (2.77%), Vitamin B2: 0.05mg (2.74%), Phosphorus: 26.92mg (2.69%), Magnesium: 9.19mg (2.3%), Vitamin B5: 0.2mg (1.96%), Copper: 0.03mg (1.69%), Iron: 0.3mg (1.68%), Zinc: 0.18mg (1.21%)