



Glazed Julienne Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 4 cups carrots (2-inch)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons butter reduced-calorie
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan

Directions

- ☐ Melt margarine in a large nonstick skillet over medium heat; add sugar, stirring until melted.
- ☐ Add carrots, salt, and pepper and cook 10 minutes, or until carrots are crisp-tender, stirring occasionally.
- ☐ Remove from heat. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:13.85, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:8.704347834477%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg 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: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 78.36kcal (3.92%), Fat: 2.99g (4.6%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.2g (4.07%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 152.82mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin A: 10975.33IU (219.51%), Vitamin K: 39.3µg (37.43%), Vitamin C: 6.28mg (7.61%), Fiber: 1.87g (7.48%), Potassium: 226.65mg (6.48%), Manganese: 0.11mg (5.35%), Vitamin B6: 0.09mg (4.67%), Folate: 15.12µg (3.78%), Vitamin E: 0.55mg (3.64%), Vitamin B3: 0.66mg (3.31%), Calcium: 30.79mg (3.08%), Vitamin B1: 0.04mg (2.95%), Phosphorus: 24.67mg (2.47%), Vitamin B2: 0.04mg (2.37%), Magnesium: 9.45mg (2.36%), Iron: 0.36mg (2.02%), Vitamin B5: 0.2mg (1.95%), Copper: 0.04mg (1.79%), Zinc: 0.18mg (1.18%)