



Glazed orange carrots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 600 g carrots
- ☐ 1.5 tbsp butter
- ☐ 3 tbsp orange juice
- ☐ 1 handful parsley chopped

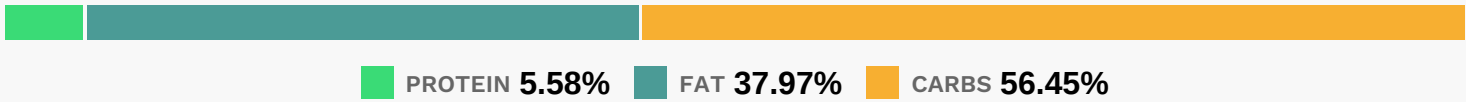
Equipment

- ☐ frying pan

Directions

- ☐ Trim the carrots and cook in boiling water for 4–6 mins until just tender, then drain. Melt the butter in a large frying pan, add the drained carrots, then fry over a high heat for 1 min.
- ☐ Pour over the orange juice and cook for a further 2–3 mins, bubbling the sauce and stirring to thoroughly coat the carrots. Finally, stir in the chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:9.4204347881934%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 70.52kcal (3.53%), Fat: 3.14g (4.83%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 7.67g (2.79%), Sugar: 5.46g (6.07%), Cholesterol: 7.63mg (2.54%), Sodium: 92.28mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 16867.88IU (337.36%), Vitamin K: 24.39µg (23.23%), Vitamin C: 11.04mg (13.38%), Fiber: 2.84g (11.36%), Potassium: 341.55mg (9.76%), Manganese: 0.15mg (7.26%), Vitamin B6: 0.14mg (7.11%), Folate: 22.67µg (5.67%), Vitamin B3: 1.03mg (5.14%), Vitamin E: 0.75mg (5.01%), Vitamin B1: 0.07mg (4.96%), Phosphorus: 37.68mg (3.77%), Vitamin B2: 0.06mg (3.67%), Calcium: 35.71mg (3.57%), Magnesium: 13.34mg (3.33%), Vitamin B5: 0.3mg (2.96%), Copper: 0.05mg (2.49%), Iron: 0.36mg (1.99%), Zinc: 0.25mg (1.7%)