



Herb-Glazed Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



28 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 18 ounces baby carrots peeled halved lengthwise
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons chicken glaze
- ☐ 2 teaspoons chives fresh minced
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

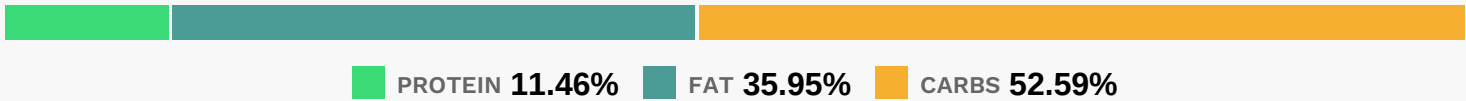
Equipment

☐ frying pan

Directions

- ☐ Cook carrots in boiling water for 8 minutes or until tender.
- ☐ Drain well.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add carrots; cook 1 minute.
- ☐ Add Chicken Glace, salt, and pepper; cook 3 minutes. Stir in parsley, chives, and tarragon.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:11.619565174955%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 80.89kcal (4.04%), Fat: 3.34g (5.14%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 7.14g (2.6%), Sugar: 6.1g (6.78%), Cholesterol: 5.55mg (1.85%), Sodium: 251.53mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin A: 17814.58IU (356.29%), Vitamin K: 47.38µg (45.12%), Fiber: 3.85g (15.39%), Manganese: 0.26mg (12.76%), Folate: 39.84µg (9.96%), Potassium: 345.69mg (9.88%), Vitamin B6: 0.17mg (8.74%), Iron: 1.52mg (8.44%), Vitamin C: 6.64mg (8.04%), Copper: 0.14mg (7%), Vitamin B3: 1.29mg (6.44%), Vitamin B5: 0.59mg (5.9%), Calcium: 51.22mg (5.12%), Phosphorus: 49.8mg (4.98%), Magnesium: 17.4mg (4.35%), Vitamin B2: 0.06mg (3.78%), Selenium: 2.25µg (3.21%), Vitamin B1: 0.05mg (3.08%), Zinc: 0.36mg (2.4%), Vitamin E: 0.33mg (2.18%)