



Honey-and-Soy Glazed Carrots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- 2 pounds carrots peeled cut into 2-by-1/2-inch sticks
- 1.5 tablespoons honey
- 2 tablespoons soya sauce
- 2 tablespoons butter unsalted

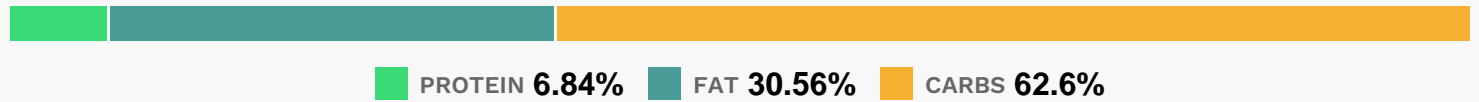
Equipment

- frying pan
- sauce pan

Directions

- Bring a large saucepan of salted water to a boil.
- Add the carrots and cook until tender, about 8 minutes.
- Drain.
- In a large skillet, melt the butter. Stir in the carrots and soy sauce and cook over high heat until the carrots are browned in spots, 2 minutes. Stir in the honey and cook until the carrots are glazed, 2 minutes longer.
- Transfer to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:5.32, Inflammation Score:-10, Nutrition Score:9.3621738996843%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 86.26kcal (4.31%), Fat: 3.12g (4.79%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 11.14g (4.05%), Sugar: 8.69g (9.65%), Cholesterol: 7.53mg (2.51%), Sodium: 330.16mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 19031.75IU (380.64%), Vitamin K: 15.21µg (14.49%), Fiber: 3.22g (12.88%), Potassium: 375.3mg (10.72%), Manganese: 0.19mg (9.4%), Vitamin B6: 0.17mg (8.33%), Vitamin C: 6.71mg (8.13%), Vitamin B3: 1.3mg (6.49%), Folate: 22.54µg (5.63%), Vitamin E: 0.83mg (5.53%), Vitamin B1: 0.08mg (5.18%), Phosphorus: 46.54mg (4.65%), Vitamin B2: 0.08mg (4.43%), Calcium: 39.4mg (3.94%), Magnesium: 15.56mg (3.89%), Vitamin B5: 0.33mg (3.33%), Copper: 0.06mg (2.95%), Iron: 0.46mg (2.58%), Zinc: 0.3mg (2.02%)