



Honey Garlic Carrots



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce baby carrots
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water

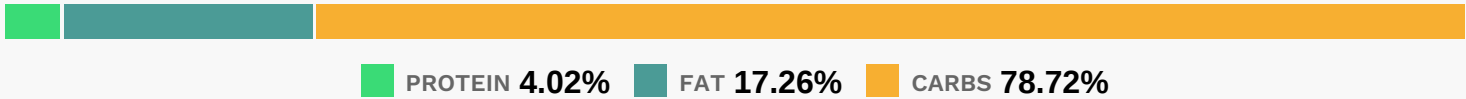
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat and stir in carrots, honey, and garlic; sprinkle with salt and black pepper.
- ☐ Pour in water. Cover and bring to a boil. Cook for 4 minutes, covered, and remove lid; cook until carrots are tender, 10 to 15 more minutes, stirring often.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:10.10217390663%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 103.48kcal (5.17%), Fat: 2.1g (3.23%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 17.08g (6.21%), Sugar: 15.83g (17.59%), Cholesterol: 5.02mg (1.67%), Sodium: 521.8mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin A: 20909.44IU (418.19%), Fiber: 4.47g (17.88%), Vitamin K: 14.67µg (13.97%), Manganese: 0.28mg (13.78%), Potassium: 370.66mg (10.59%), Folate: 41.16µg (10.29%), Vitamin B6: 0.17mg (8.71%), Copper: 0.16mg (8.13%), Iron: 1.43mg (7.93%), Vitamin B5: 0.62mg (6.24%), Calcium: 52.76mg (5.28%), Vitamin C: 4.3mg (5.21%), Phosphorus: 45.11mg (4.51%), Vitamin B3: 0.86mg (4.32%), Magnesium: 16.05mg (4.01%), Vitamin B2: 0.06mg (3.57%), Vitamin B1: 0.05mg (3.18%), Selenium: 1.62µg (2.31%), Zinc: 0.3mg (1.99%)