



Honey Glazed Carrots

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots
- 4 servings pepper black freshly ground
- 2 tablespoons butter
- 0.3 cup flat-leaf parsley chopped
- 2 tablespoons honey
- 1 tablespoon juice of lemon
- 4 servings salt

Equipment

frying pan

sauce pan

Directions

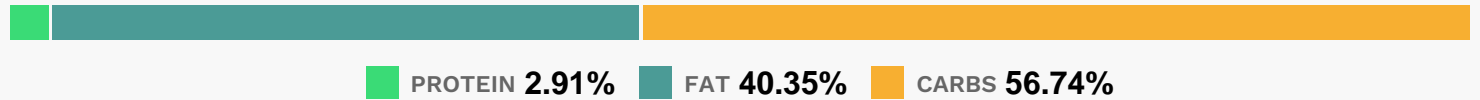
Watch how to make this recipe.

In a medium saucepan, bring water to a boil.

Add salt and then carrots and cook until tender, 5 to 6 minutes.

Drain the carrots and add back to pan with butter, honey and lemon juice. Cook until a glaze coats the carrots, 5 minutes. Season with salt and pepper and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:41.57, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:11.873043410804%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.23kcal (6.21%), Fat: 5.87g (9.03%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 15.09g (5.49%), Sugar: 14.15g (15.72%), Cholesterol: 15.05mg (5.02%), Sodium: 329.83mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin A: 16129.2IU (322.58%), Vitamin K: 72.81µg (69.35%), Fiber: 3.47g (13.88%), Vitamin C: 9.44mg (11.44%), Manganese: 0.2mg (9.97%), Folate: 37.5µg (9.38%), Potassium: 301.9mg (8.63%), Iron: 1.3mg (7.23%), Vitamin B6: 0.13mg (6.36%), Copper: 0.12mg (6.24%), Vitamin B5: 0.49mg (4.91%), Calcium: 44.56mg (4.46%), Phosphorus: 36.48mg (3.65%), Vitamin B3: 0.7mg (3.5%), Magnesium: 13.97mg (3.49%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.04mg (2.57%), Zinc: 0.27mg (1.77%), Selenium: 1.19µg (1.7%), Vitamin E: 0.2mg (1.31%)