



Honey-Glazed Carrots



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 lb baby carrots
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon butter
- ☐ 1 serving nutmeg

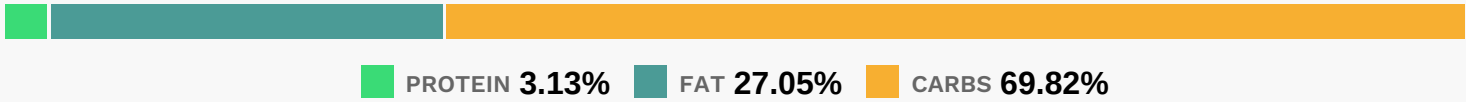
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, place carrots in 1 inch of water.
- ☐ Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until tender.
- ☐ Drain well.
- ☐ Add honey and butter to carrots in saucepan. Cook, stirring frequently, until butter is melted and carrots are glazed.
- ☐ Sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:7.2013043634917%

Nutrients (% of daily need)

Calories: 66.27kcal (3.31%), Fat: 2.1g (3.23%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 9.91g (3.6%), Sugar: 9.44g (10.49%), Cholesterol: 0mg (0%), Sodium: 81.3mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin A: 10508.87IU (210.18%), Fiber: 2.28g (9.1%), Vitamin K: 7.11µg (6.77%), Manganese: 0.13mg (6.47%), Potassium: 184.96mg (5.28%), Folate: 20.83µg (5.21%), Vitamin B6: 0.08mg (4.09%), Copper: 0.08mg (4.08%), Iron: 0.71mg (3.96%), Vitamin B5: 0.31mg (3.1%), Calcium: 25.92mg (2.59%), Vitamin C: 2.02mg (2.44%), Phosphorus: 22.69mg (2.27%), Vitamin B3: 0.43mg (2.17%), Magnesium: 8.38mg (2.09%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.02mg (1.6%), Selenium: 0.74µg (1.06%), Zinc: 0.15mg (1.01%)