



Honey-Glazed Carrots



Vegetarian



Gluten Free

READY IN



23 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 2 tablespoons butter
- ☐ 2 pounds carrots peeled halved quartered thin (or if thicker than)
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup honey
- ☐ 10 servings salt to taste

Equipment

☐ frying pan

Directions

- ☐ Cook carrots in boiling salted water to cover 5 minutes or until tender.
- ☐ Drain.
- ☐ Meanwhile, heat a heavy skillet over medium-high heat.
- ☐ Add cumin; cook, shaking pan occasionally, 1 minute or until toasted. Stir in honey and curry powder.
- ☐ Add carrots; cook, stirring, 2 to 3 minutes or until honey thickens and coats carrots.
- ☐ Remove from heat; add butter, stirring until melted. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:10.18, Inflammation Score:-10, Nutrition Score:8.5139130360406%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 110.45kcal (5.52%), Fat: 2.56g (3.94%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 20.24g (7.36%), Sugar: 18.23g (20.25%), Cholesterol: 6.02mg (2.01%), Sodium: 275.53mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin A: 15230.46IU (304.61%), Vitamin K: 12.54µg (11.95%), Fiber: 2.69g (10.75%), Potassium: 307.82mg (8.79%), Manganese: 0.17mg (8.59%), Vitamin C: 5.48mg (6.64%), Vitamin B6: 0.13mg (6.64%), Vitamin E: 0.72mg (4.77%), Vitamin B3: 0.93mg (4.65%), Folate: 18µg (4.5%), Vitamin B1: 0.06mg (4.13%), Vitamin B2: 0.06mg (3.61%), Calcium: 35.01mg (3.5%), Phosphorus: 34.96mg (3.5%), Magnesium: 12.7mg (3.17%), Iron: 0.55mg (3.04%), Vitamin B5: 0.26mg (2.64%), Copper: 0.05mg (2.59%), Zinc: 0.28mg (1.85%)