



Honey-Glazed Carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 cups carrots thinly sliced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1.5 quarts water

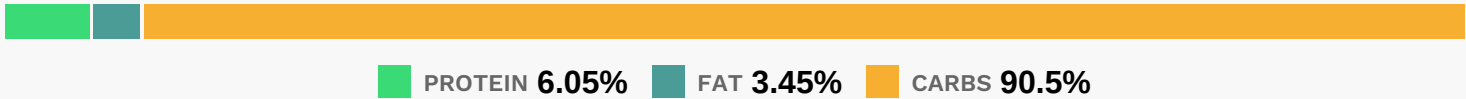
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan.
- ☐ Add carrot; cook for 20 minutes or until tender.
- ☐ Drain well.
- ☐ Place carrot, parsley, and remaining ingredients in a large bowl; toss gently.
- ☐ For baby: Omit black pepper.
- ☐ Cut the carrot slices into bite-sized pieces.
- ☐ Serve spoonfuls in a small bowl or on a rimmed plate.

Nutrition Facts



Properties

Glycemic Index:20.39, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:9.0769565753315%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 49.58kcal (2.48%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 9.83g (3.57%), Sugar: 8.12g (9.02%), Cholesterol: 0mg (0%), Sodium: 210.48mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin A: 13492.03IU (269.84%), Vitamin K: 35.26µg (33.58%), Fiber: 2.33g (9.32%), Vitamin C: 6.91mg (8.38%), Potassium: 268.17mg (7.66%), Manganese: 0.13mg (6.47%), Vitamin B6: 0.11mg (5.67%), Folate: 17.63µg (4.41%), Vitamin B3: 0.81mg (4.07%), Vitamin B1: 0.05mg (3.62%), Vitamin E: 0.54mg (3.6%), Copper: 0.07mg (3.48%), Calcium: 34.68mg (3.47%), Magnesium: 12.37mg (3.09%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 29.2mg (2.92%), Vitamin B5: 0.23mg (2.29%), Iron: 0.36mg (2.02%), Zinc: 0.24mg (1.59%)