



WHATSheATE



Honey-Glazed Carrots



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds carrots sliced
- ☐ 0.8 cup chicken broth
- ☐ 1 teaspoon cumin
- ☐ 2 tablespoons honey
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons butter unsalted

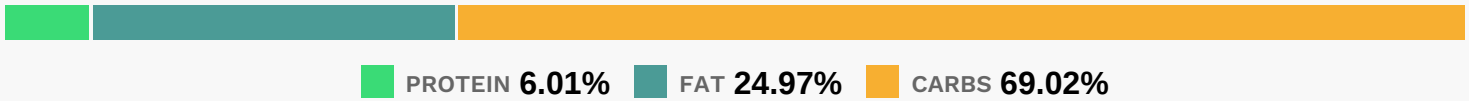
Equipment

- ☐ frying pan

Directions

- ☐
- Melt butter in a large skillet over medium heat. Stir in all ingredients; season with salt and pepper.
- ☐
- Raise heat to high; bring to a boil. Reduce heat to medium-low, cover and cook until tender, about 7 minutes. Uncover, turn to high and boil until liquid is mostly evaporated, 10 to 12 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:11.676956498752%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 113.05kcal (5.65%), Fat: 3.35g (5.15%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 16.03g (5.83%), Sugar: 12.48g (13.86%), Cholesterol: 7.97mg (2.66%), Sodium: 393.91mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin A: 28507.51IU (570.15%), Vitamin K: 22.71µg (21.63%), Fiber: 4.8g (19.2%), Potassium: 556.36mg (15.9%), Manganese: 0.27mg (13.33%), Vitamin C: 10.08mg (12.22%), Vitamin B6: 0.24mg (11.86%), Vitamin B3: 1.74mg (8.7%), Vitamin E: 1.22mg (8.14%), Folate: 32.55µg (8.14%), Vitamin B1: 0.12mg (7.91%), Vitamin B2: 0.12mg (6.8%), Phosphorus: 62.71mg (6.27%), Calcium: 60.62mg (6.06%), Magnesium: 21.73mg (5.43%), Vitamin B5: 0.47mg (4.74%), Copper: 0.08mg (4.23%), Iron: 0.72mg (3.98%), Zinc: 0.45mg (3.01%)