



Honey-Glazed Cranberry Carrots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 pounds carrots
- ☐ 0.3 cup cranberries dried
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons honey
- ☐ 0.5 cup orange juice fresh

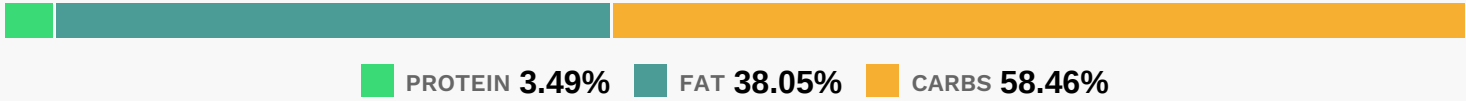
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a small saucepan. Bring to a boil over medium-high heat, stirring constantly. Boil 15 to 20 minutes or until glaze is thickened and coats the back of a spoon.
- ☐ Meanwhile, peel carrots, and slice into 1/4" diagonal slices.
- ☐ Place carrot in a large saucepan with water to cover. Bring to a boil. Cover and cook 12 minutes or until tender.
- ☐ Drain well.
- ☐ Add carrot to honey-cranberry mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:54.03, Glycemic Load:13.4, Inflammation Score:-10, Nutrition Score:15.694782597863%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 273.09kcal (13.65%), Fat: 12.24g (18.82%), Saturated Fat: 7.38g (46.16%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 35.28g (12.83%), Sugar: 29.35g (32.61%), Cholesterol: 30.5mg (10.17%), Sodium: 249.18mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin A: 38305.12IU (766.1%), Vitamin C: 29.04mg (35.2%), Vitamin K: 31.73µg (30.22%), Fiber: 7g (28.01%), Potassium: 808.82mg (23.11%), Manganese: 0.37mg (18.39%), Vitamin B6: 0.34mg (16.75%), Vitamin E: 2.06mg (13.7%), Folate: 53.22µg (13.3%), Vitamin B3: 2.44mg (12.2%), Vitamin B1: 0.18mg (12%), Vitamin B2: 0.15mg (9%), Phosphorus: 89.88mg (8.99%), Calcium: 83.48mg (8.35%), Magnesium: 32.28mg (8.07%), Vitamin B5: 0.73mg (7.26%), Copper: 0.13mg (6.49%), Iron: 0.84mg (4.66%), Zinc: 0.61mg (4.08%)