



Honey-Orange Carrots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



13

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter cut into pieces
- ☐ 3 pounds carrots cut into 3-inch pieces
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

Equipment

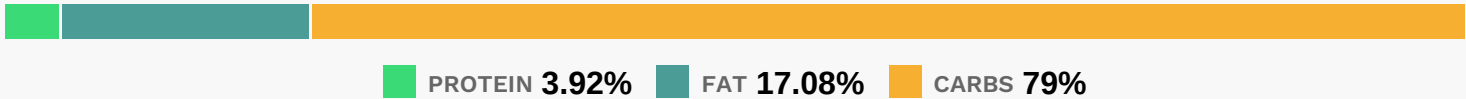
- ☐ bowl

- ☐ slow cooker
- ☐ microplane

Directions

- ☐ Place carrots, 2 tablespoons water, and honey in a 4-quart electric slow cooker.
- ☐ Sprinkle salt over carrots.
- ☐ Sprinkle butter pieces over mixture. Cover and cook on LOW for 8 hours or until carrots are very tender.
- ☐ Transfer carrots to a bowl; stir in orange rind.
- ☐ Quick Tip: Use a Microplane grater to quickly grate the orange rind.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:8.93, Inflammation Score:-10, Nutrition Score:8.7969565091898%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 98.07kcal (4.9%), Fat: 2g (3.07%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 17.83g (6.48%), Sugar: 15.67g (17.41%), Cholesterol: 4.63mg (1.54%), Sodium: 176.16mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin A: 17541.18IU (350.82%), Vitamin K: 13.97µg (13.3%), Fiber: 2.97g (11.86%), Potassium: 342.44mg (9.78%), Manganese: 0.16mg (8.02%), Vitamin C: 6.35mg (7.69%), Vitamin B6: 0.15mg (7.39%), Vitamin B3: 1.05mg (5.23%), Folate: 20.24µg (5.06%), Vitamin E: 0.74mg (4.94%), Vitamin B1: 0.07mg (4.62%), Vitamin B2: 0.07mg (3.91%), Phosphorus: 37.69mg (3.77%), Calcium: 36.09mg (3.61%), Magnesium: 12.91mg (3.23%), Vitamin B5: 0.3mg (2.97%), Copper: 0.05mg (2.62%), Iron: 0.37mg (2.06%), Zinc: 0.28mg (1.88%)