



Honey Rosemary Carrots

 Vegetarian  Gluten Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 4 large carrots peeled
- 1 sprig rosemary fresh
- 0.3 cup honey
- 0.3 cup water

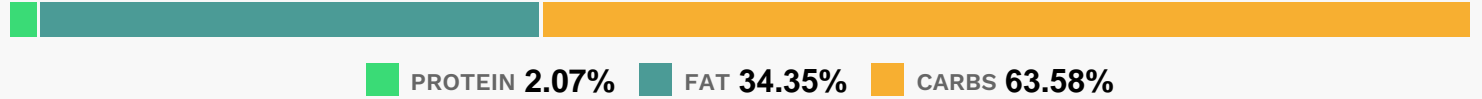
Equipment

- sauce pan

Directions

- Bring carrots, water, and butter to a boil in a small saucepan; reduce heat to medium and simmer for 10 minutes.
- Add honey and rosemary; continue simmering until carrots are tender, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:37.28, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:7.610434797147%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 144.15kcal (7.21%), Fat: 5.85g (9%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 22.3g (8.11%), Sugar: 20.81g (23.12%), Cholesterol: 15.05mg (5.02%), Sodium: 96.28mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Vitamin A: 12203.98IU (244.08%), Vitamin K: 9.99µg (9.52%), Fiber: 2.06g (8.25%), Potassium: 243.26mg (6.95%), Manganese: 0.12mg (6.01%), Vitamin C: 4.36mg (5.28%), Vitamin B6: 0.1mg (5.24%), Vitamin E: 0.64mg (4.25%), Vitamin B3: 0.74mg (3.68%), Folate: 14.34µg (3.59%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 27.74mg (2.77%), Calcium: 27.23mg (2.72%), Magnesium: 9.37mg (2.34%), Vitamin B5: 0.22mg (2.19%), Copper: 0.04mg (2.12%), Iron: 0.31mg (1.71%), Zinc: 0.23mg (1.52%)