



 4%
HEALTH SCORE

Lemon-Basil Carrots

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



101 kcal

SIDE DISH

Ingredients

- 4 medium carrots cut into 1-1/2 inch pieces
- 1 tablespoon butter
- 1 teaspoons juice of lemon
- 0.3 teaspoon basil dried
- 0.1 teaspoon garlic salt
- 1 Dash pepper

Equipment

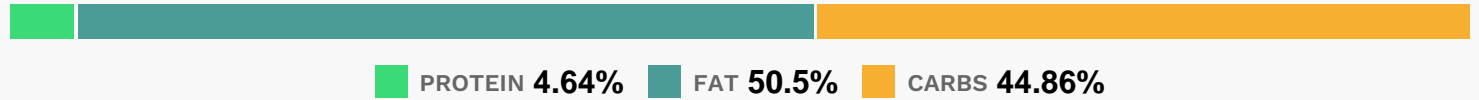
- frying pan

sauce pan

Directions

- Place carrots in a small saucepan; add water to cover. Cook for 10 minutes or until tender; drain and return to pan.
- Add the remaining ingredients. Cook over low heat until butter is melted.

Nutrition Facts



Properties

Glycemic Index:64.42, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:9.7669565360183%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 101.18kcal (5.06%), Fat: 5.98g (9.2%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 8.47g (3.08%), Sugar: 5.85g (6.5%), Cholesterol: 15.05mg (5.02%), Sodium: 274.66mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin A: 20557.6IU (411.15%), Vitamin K: 18.82µg (17.92%), Fiber: 3.48g (13.93%), Potassium: 398.64mg (11.39%), Vitamin C: 8.17mg (9.9%), Manganese: 0.19mg (9.69%), Vitamin B6: 0.17mg (8.58%), Vitamin E: 0.99mg (6.57%), Folate: 24.29µg (6.07%), Vitamin B3: 1.21mg (6.06%), Vitamin B1: 0.08mg (5.44%), Calcium: 45.2mg (4.52%), Phosphorus: 45mg (4.5%), Vitamin B2: 0.08mg (4.42%), Magnesium: 15.91mg (3.98%), Vitamin B5: 0.35mg (3.46%), Copper: 0.06mg (2.94%), Iron: 0.49mg (2.71%), Zinc: 0.31mg (2.07%)