



Lemon Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



6 min.

SERVINGS



11

CALORIES



15 kcal

SIDE DISH

Ingredients

- 16 ounce baby carrots
- 2 teaspoons juice of lemon
- 0.3 cup water

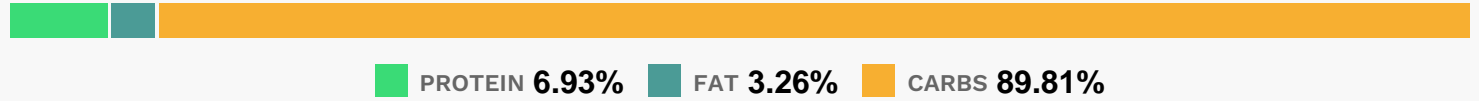
Equipment

- microwave

Directions

- Combine one-half of a 16-ounce package baby carrots, 1/4 cup water, and 2 teaspoons lemon juice in a 1-quart microwave-safe dish; cover. Microwave at HIGH 7 minutes or until carrots are tender.
- Sprinkle with lemon zest, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:5.8447825873838%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 14.63kcal (0.73%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 32.44mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin A: 5686.45IU (113.73%), Fiber: 1.2g (4.79%), Vitamin K: 3.88µg (3.69%), Manganese: 0.06mg (3.12%), Folate: 11.32µg (2.83%), Potassium: 98.66mg (2.82%), Vitamin B6: 0.04mg (2.19%), Copper: 0.04mg (2.11%), Iron: 0.37mg (2.04%), Vitamin C: 1.42mg (1.73%), Vitamin B5: 0.17mg (1.67%), Calcium: 13.41mg (1.34%), Phosphorus: 11.62mg (1.16%), Vitamin B3: 0.23mg (1.15%), Magnesium: 4.23mg (1.06%)