



Lemon-Dill Carrots



Vegetarian



Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 8 medium carrots diagonally sliced
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 2 teaspoons butter light
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

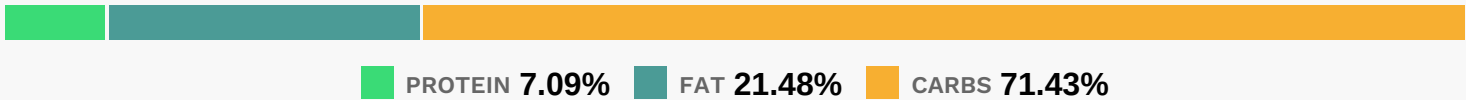
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Arrange carrot in a vegetable steamer over boiling water. Cover; steam 2 to 3 minutes or until crisp-tender.
- ☐ Transfer carrot to a serving bowl, and keep warm.
- ☐ Combine cornstarch and lemon juice in a small saucepan, stirring until smooth.
- ☐ Add water; cook over medium heat, stirring constantly, until thick.
- ☐ Stir in butter and next 3 ingredients. Cook, stirring constantly, until butter melts.
- ☐ To serve, pour lemon juice mixture over carrot, and toss gently.

Nutrition Facts



Properties

Glycemic Index:15.46, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:9.54565213831222%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 65.12kcal (3.26%), Fat: 1.66g (2.55%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 8.98g (3.27%), Sugar: 5.88g (6.54%), Cholesterol: 2.61mg (0.87%), Sodium: 231.5mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin A: 20425.38IU (408.51%), Vitamin K: 16.22µg (15.45%), Fiber: 3.45g (13.78%), Potassium: 396.44mg (11.33%), Vitamin C: 8.83mg (10.71%), Manganese: 0.18mg (8.79%), Vitamin B6: 0.17mg (8.53%), Vitamin B3: 1.2mg (6.02%), Folate: 24.01µg (6%), Vitamin E: 0.85mg

(5.67%), Vitamin B1: 0.08mg (5.45%), Phosphorus: 43.93mg (4.39%), Vitamin B2: 0.07mg (4.31%), Calcium: 42.58mg (4.26%), Magnesium: 15.24mg (3.81%), Vitamin B5: 0.34mg (3.38%), Copper: 0.06mg (2.96%), Iron: 0.4mg (2.23%), Zinc: 0.3mg (2.03%)