



## Lemon-Glazed Carrots and Rutabaga



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



126 kcal

SIDE DISH

### Ingredients

- 2 teaspoons brown sugar
- 1 tablespoon butter
- 4 medium carrots
- 0.1 teaspoon dillweed dried
- 2 teaspoons juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 0.3 small rutabaga
- 0.1 teaspoon salt

0.5 cup water

## Equipment

sauce pan

## Directions

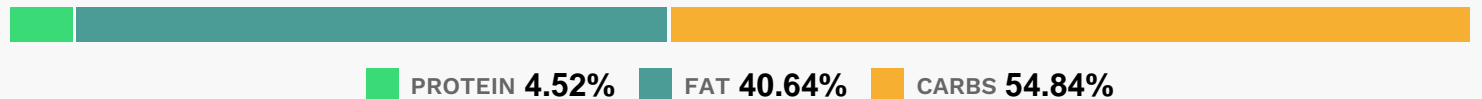
Cut carrots and rutabaga into 3-inch-long thin strips. Bring vegetables and 1/2 cup water to a boil in a saucepan; cover, reduce heat, and simmer 15 minutes.

Drain and remove vegetables.

Melt butter in saucepan. Stir in sugar and next 4 ingredients; cook, stirring constantly, until sugar dissolves.

Add vegetables; cook, stirring often, until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:59.42, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:10.815217437628%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 125.81kcal (6.29%), Fat: 5.98g (9.2%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 14.15g (5.14%), Sugar: 10.87g (12.08%), Cholesterol: 0mg (0%), Sodium: 302.68mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin A: 20636.27IU (412.73%), Vitamin C: 15.5mg (18.79%), Fiber: 4.02g (16.07%), Vitamin K: 16.18µg (15.41%), Potassium: 479.51mg (13.7%), Manganese: 0.21mg (10.6%), Vitamin B6: 0.2mg (9.92%), Vitamin E: 1.1mg (7.35%), Folate: 29.36µg (7.34%), Vitamin B1: 0.1mg (6.96%), Vitamin B3: 1.38mg (6.9%), Calcium: 59.61mg (5.96%), Phosphorus: 57.96mg (5.8%), Magnesium: 21.22mg (5.31%), Vitamin B2: 0.08mg (4.95%), Vitamin B5: 0.39mg (3.9%), Copper: 0.08mg (3.77%), Iron: 0.54mg (2.99%), Zinc:

0.36mg (2.42%)