

Lemon Honey Glazed Carrots



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots
- ☐ 0.3 cup butter
- ☐ 0.1 teaspoon ground ginger
- ☐ 2.5 tablespoons honey
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings water to cover

Equipment

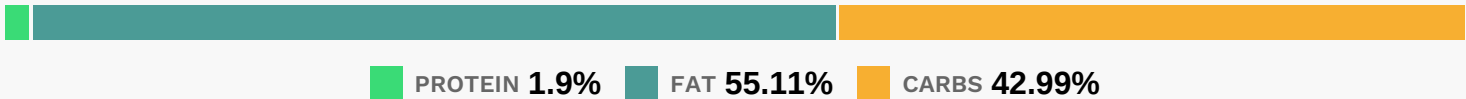
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Bring carrots and enough water to cover to a boil in a saucepan; reduce heat to medium-high and continue to simmer until carrots are tender, about 10 minutes.
- ☐ Drain and set aside.
- ☐ Melt butter in a large skillet over low heat; stir in honey.
- ☐ Add lemon juice and ginger. Increase heat to medium and stir in carrots until well coated. Continue cooking until thickened, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:9.0460870071598%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.35kcal (9.12%), Fat: 11.67g (17.95%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 17.14g (6.23%), Sugar: 16.28g (18.09%), Cholesterol: 30.5mg (10.17%), Sodium: 192.08mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin A: 15992.39IU (319.85%), Fiber: 3.33g (13.34%), Vitamin K: 11.65µg (11.1%), Manganese: 0.2mg (10.15%), Potassium: 283.67mg (8.1%), Folate: 32.06µg (8.02%), Copper: 0.16mg (7.84%), Vitamin B6: 0.12mg (6.24%), Iron: 1.08mg (6.01%), Vitamin C: 4.47mg (5.41%), Vitamin B5: 0.48mg (4.84%), Calcium: 47.87mg (4.79%), Magnesium: 14.61mg (3.65%), Phosphorus: 36.09mg (3.61%), Vitamin B3: 0.66mg (3.31%), Vitamin B2: 0.05mg (3.02%), Vitamin B1: 0.04mg (2.38%), Vitamin E: 0.33mg (2.23%), Selenium: 1.31µg (1.87%), Zinc: 0.26mg (1.75%)