



Lime-Glazed Carrots

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



103 kcal

SIDE DISH

Ingredients

- 1 pound carrots cut into 1/4-inch slices
- 1.5 tablespoons juice of lime fresh
- 2 teaspoons butter
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 0.5 cup water

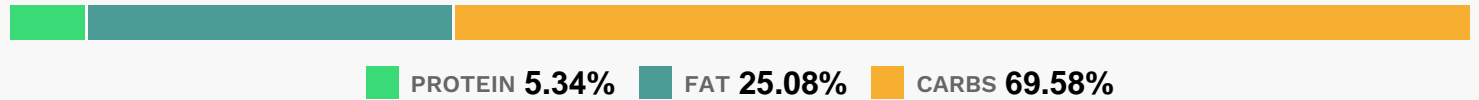
Equipment

- sauce pan

Directions

- Cook carrot in a small amount of boiling water 4 minutes or until crisp-tender; drain and return to saucepan.
- Add 1/2 cup water and sugar; bring to a boil. Reduce heat, and simmer, uncovered, 9 minutes or until liquid evaporates and carrot is tender. Stir in lime juice, margarine, and salt.

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:10.818260786164%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 103.23kcal (5.16%), Fat: 3.06g (4.71%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 14.87g (5.41%), Sugar: 11.29g (12.54%), Cholesterol: 0mg (0%), Sodium: 331.71mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin A: 25382.03IU (507.64%), Vitamin K: 20µg (19.05%), Fiber: 4.26g (17.05%), Potassium: 494.13mg (14.12%), Vitamin C: 11.18mg (13.55%), Manganese: 0.22mg (10.91%), Vitamin B6: 0.21mg (10.59%), Vitamin B3: 1.5mg (7.49%), Vitamin E: 1.12mg (7.45%), Folate: 29.51µg (7.38%), Vitamin B1: 0.1mg (6.8%), Phosphorus: 54.74mg (5.47%), Vitamin B2: 0.09mg (5.34%), Calcium: 53.29mg (5.33%), Magnesium: 19.24mg (4.81%), Vitamin B5: 0.42mg (4.25%), Copper: 0.08mg (3.84%), Iron: 0.46mg (2.58%), Zinc: 0.37mg (2.49%)