

Maple Glazed Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



232 kcal

SIDE DISH

Ingredients

- 1.5 cups baby carrots sliced
- 1 tablespoon butter
- 2 tablespoons maple syrup
- 0.3 cup pecans chopped
- 0.5 cup water

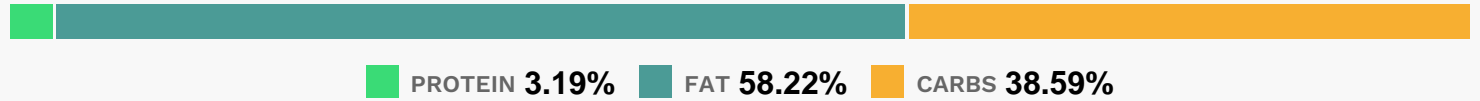
Equipment

- sauce pan

Directions

- In a small saucepan, bring carrots and water to a boil. Reduce heat; cover and cook for 10 minutes or until tender.
- Drain. Stir in the butter, syrup and pecans until the butter is melted.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:13.080000108351%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 231.94kcal (11.6%), Fat: 15.61g (24.02%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 19.19g (6.98%), Sugar: 17.1g (19%), Cholesterol: 15.05mg (5.02%), Sodium: 124.65mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin A: 13420.96IU (268.42%), Manganese: 1.22mg (60.9%), Vitamin B2: 0.31mg (18.16%), Fiber: 4.09g (16.37%), Copper: 0.27mg (13.45%), Vitamin K: 9.99µg (9.52%), Potassium: 330.06mg (9.43%), Vitamin B1: 0.13mg (8.82%), Magnesium: 31.02mg (7.75%), Folate: 29.13µg (7.28%), Iron: 1.22mg (6.79%), Phosphorus: 66.3mg (6.63%), Calcium: 65.51mg (6.55%), Vitamin B6: 0.13mg (6.48%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.51mg (5.1%), Vitamin B3: 0.71mg (3.56%), Vitamin C: 2.65mg (3.21%), Vitamin E: 0.35mg (2.35%), Selenium: 1.45µg (2.07%)