



Maple-Glazed Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



20

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds carrots trimmed cut into 1/4-inch-thick slices
- ☐ 0.3 cup maple syrup pure
- ☐ 20 servings salt and pepper
- ☐ 2 tablespoons butter unsalted

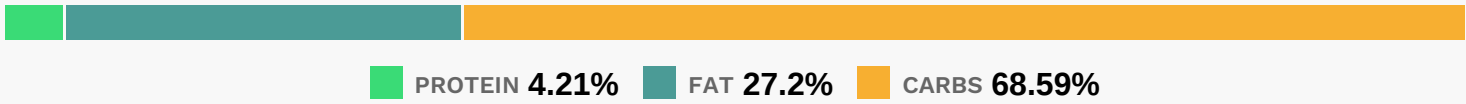
Equipment

- ☐ frying pan

Directions

- ☐ Place carrots in a large skillet.
- ☐ Add 1 cup water and 1/2 tsp. salt; stir well. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer until carrots are almost tender, 6 to 8 minutes.
- ☐ Drain well. Wipe out skillet. (Carrots may be prepared up to 3 days ahead to this point. Cover and refrigerate.)
- ☐ Combine carrots, butter and syrup in a skillet.
- ☐ Sprinkle with salt and pepper. Cook over medium-high heat, stirring and tossing constantly, until carrots are tender and well glazed, about 5 minutes. Season with additional salt and pepper, if desired.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:6.6269565467601%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 39.5kcal (1.98%), Fat: 1.24g (1.91%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.79g (2.1%), Sugar: 4.56g (5.07%), Cholesterol: 3.01mg (1%), Sodium: 225.6mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Vitamin A: 7612.7IU (152.25%), Manganese: 0.16mg (7.9%), Vitamin K: 6.09µg (5.8%), Fiber: 1.27g (5.08%), Vitamin B2: 0.08mg (4.58%), Potassium: 154.58mg (4.42%), Vitamin C: 2.68mg (3.24%), Vitamin B6: 0.06mg (3.13%), Vitamin B3: 0.45mg (2.25%), Vitamin E: 0.33mg (2.21%), Vitamin B1: 0.03mg (2.18%), Folate: 8.66µg (2.17%), Calcium: 19.81mg (1.98%), Phosphorus: 16.21mg (1.62%), Magnesium: 6.32mg (1.58%), Vitamin B5: 0.13mg (1.25%), Copper: 0.02mg (1.04%)