



Maple-Glazed Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds carrots sliced
- ☐ 8 servings kosher salt and pepper black
- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons butter unsalted

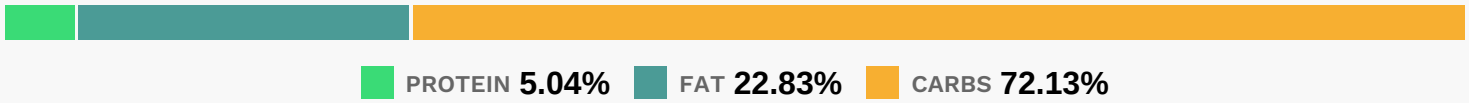
Equipment

- ☐ frying pan

Directions

- ☐ Prepare the Carrots
- ☐ In a large skillet, combine the carrots, syrup, butter, 1/3 cup water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook the Carrots
- ☐ Bring to a boil. Reduce heat and simmer, partially covered, stirring once, until the carrots are tender and the liquid has reduced to a glaze, 12 to 15 minutes. (If the carrots are tender before the liquid has thickened, uncover, increase heat to medium-high, and cook until the liquid forms a glaze.)

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:7.88, Inflammation Score:-10, Nutrition Score:12.363043431679%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 122kcal (6.1%), Fat: 3.25g (5%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 18.31g (6.66%), Sugar: 14.09g (15.66%), Cholesterol: 7.53mg (2.51%), Sodium: 312.45mg (13.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin A: 28503.89IU (570.08%), Manganese: 0.48mg (23.77%), Vitamin K: 22.7µg (21.62%), Fiber: 4.76g (19.05%), Potassium: 567.83mg (16.22%), Vitamin B2: 0.23mg (13.39%), Vitamin C: 10.04mg (12.16%), Vitamin B6: 0.23mg (11.74%), Vitamin B3: 1.68mg (8.41%), Folate: 32.42µg (8.11%), Vitamin E: 1.2mg (8.03%), Vitamin B1: 0.12mg (7.94%), Calcium: 68.06mg (6.81%), Phosphorus: 60.37mg (6.04%), Magnesium: 22.6mg (5.65%), Vitamin B5: 0.47mg (4.68%), Copper: 0.08mg (3.86%), Zinc: 0.48mg (3.22%), Iron: 0.52mg (2.91%)