



Maple-Glazed Carrots and Apples

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



2

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 medium apples cut into thin wedges
- 1 tablespoon butter
- 1 cup carrots sliced
- 0.3 teaspoon ground cardamom
- 2 tablespoons maple syrup

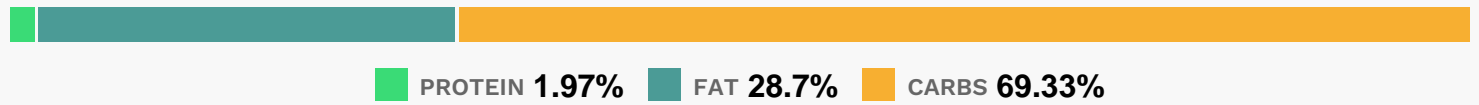
Equipment

- frying pan
- sauce pan

Directions

- Heat 1 inch water (salted if desired) to boiling in 1-quart saucepan.
- Add carrots. Cover and heat to boiling; reduce heat. Simmer 12 to 15 minutes or until tender; drain.
- Heat butter in 6-inch skillet over medium heat until hot. Cook apple wedges in butter 2 minutes, stirring occasionally. Stir in syrup and cardamom. Cook 3 to 5 minutes, stirring frequently, until apples are evenly glazed. Stir into carrots.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:10.28, Inflammation Score:-10, Nutrition Score:10.59565211217%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 178.67kcal (8.93%), Fat: 5.96g (9.17%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 28.35g (10.31%), Sugar: 24.48g (27.2%), Cholesterol: 0mg (0%), Sodium: 112.93mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin A: 10991.37IU (219.83%), Manganese: 0.65mg (32.67%), Vitamin B2: 0.32mg (18.7%), Fiber: 4.05g (16.18%), Potassium: 352.91mg (10.08%), Vitamin K: 10.45µg (9.95%), Vitamin C: 8.03mg (9.73%), Vitamin B6: 0.13mg (6.34%), Vitamin E: 0.8mg (5.35%), Calcium: 51.44mg (5.14%), Vitamin B1: 0.07mg (4.81%), Magnesium: 17.21mg (4.3%), Folate: 14.96µg (3.74%), Vitamin B3: 0.73mg (3.66%), Phosphorus: 34.47mg (3.45%), Copper: 0.05mg (2.72%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.35mg (2.32%), Iron: 0.36mg (1.99%)