



Maple-mustard glazed carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1.3 kg carrots
- ☐ 50 g butter
- ☐ 1 tbsp maple syrup
- ☐ 1 tbsp wholegrain mustard

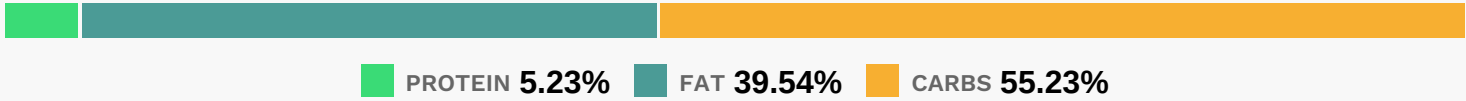
Equipment

- ☐ frying pan

Directions

- ☐ Peel and cut the carrots into batons. (You can do this up to 24 hours ahead and keep them in a polythene bag in the fridge.) Tip them into a pan, pour in enough boiling water just to cover, bring back to the boil, then put a lid on the pan and cook for 4–5 minutes until the carrots are just tender.
- ☐ Meanwhile, put the butter and maple syrup in a small pan.
- ☐ Heat until the butter is melted then stir in the mustard. Take off the heat.
- ☐ Drain the carrots and tip into a warmed serving dish.
- ☐ Pour the warm maple glaze over the carrots. Taste and adjust seasoning to suit.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:10.056521732522%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 95.46kcal (4.77%), Fat: 4.42g (6.8%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 10.18g (3.7%), Sugar: 7.38g (8.21%), Cholesterol: 10.75mg (3.58%), Sodium: 138.53mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin A: 21843.81IU (436.88%), Vitamin K: 17.53µg (16.7%), Fiber: 3.7g (14.82%), Potassium: 423.95mg (12.11%), Manganese: 0.24mg (11.91%), Vitamin C: 7.68mg (9.3%), Vitamin B6: 0.18mg (9.03%), Vitamin E: 0.98mg (6.53%), Vitamin B3: 1.29mg (6.45%), Folate: 24.95µg (6.24%), Vitamin B2: 0.1mg (6.09%), Vitamin B1: 0.09mg (6.01%), Phosphorus: 48.32mg (4.83%), Calcium: 47.22mg (4.72%), Magnesium: 16.84mg (4.21%), Vitamin B5: 0.36mg (3.65%), Copper: 0.06mg (2.98%), Iron: 0.42mg (2.32%), Zinc: 0.34mg (2.27%)