



Maple Orange Glazed Carrots



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots peeled sliced into 1/ rounds
- ☐ 2 Tbsp butter unsalted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon orange zest
- ☐ 1 pinch cinnamon

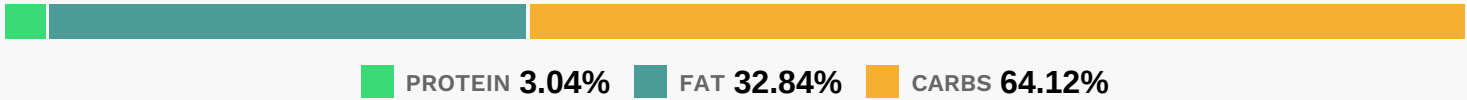
Equipment

☐ frying pan

Directions

- ☐ Sauté carrots in butter: In a large, wide sauté pan, heat the butter on medium heat until melted.
- ☐ Add the carrots and toss to coat.
- ☐ Sprinkle with salt. Cook for 3–4 minutes.
- ☐ Add the maple syrup and cook for a minute more.
- ☐ Add the orange juice. Cover the pan and cook for 3 more minutes.
- ☐ Uncover pan and simmer away most liquid: Uncover the pan and increase the heat to medium high. Stir the carrots occasionally, and cook until almost all of the liquid has evaporated.
- ☐ Remove from heat.
- ☐ Sprinkle cinnamon over the carrots, and stir in the orange zest.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:9.65, Inflammation Score:-10, Nutrition Score:12.038260831133%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 161.4kcal (8.07%), Fat: 6.07g (9.34%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 23.41g (8.51%), Sugar: 19.18g (21.31%), Cholesterol: 15.27mg (5.09%), Sodium: 371.74mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin A: 19164.25IU (383.28%), Manganese: 0.64mg (31.88%), Vitamin C: 17.37mg (21.05%), Vitamin B2: 0.33mg (19.42%), Vitamin K: 15.5µg (14.76%), Fiber: 3.27g (13.08%), Potassium: 452mg (12.91%), Vitamin B6: 0.17mg (8.27%), Vitamin B1: 0.11mg (7.16%), Folate: 28.04µg (7.01%), Calcium: 64.42mg (6.44%), Vitamin E: 0.92mg (6.15%), Vitamin B3: 1.22mg (6.1%), Magnesium: 20.34mg

(5.09%), Phosphorus: 44.99mg (4.5%), Vitamin B5: 0.36mg (3.58%), Copper: 0.06mg (3.09%), Zinc: 0.43mg (2.88%), Iron: 0.41mg (2.3%)