



Maple-Tangerine Carrot Coins

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 1.5 pounds carrots ()
- 0.5 cup fat-skimmed beef broth fat-free
- 1 tablespoon chives fresh chopped
- 0.1 teaspoon ground cinnamon
- 1 tablespoon maple syrup
- 0.3 teaspoon salt

0.5 cup tangerine juice fresh (2 tangerines)

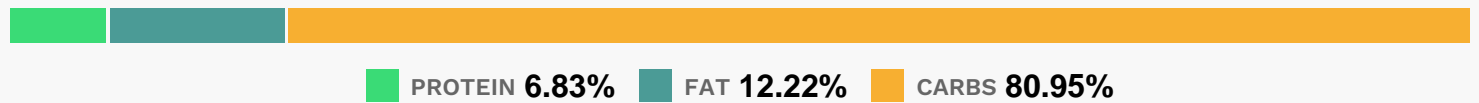
Equipment

frying pan

Directions

Combine first 6 ingredients in a large nonstick skillet; bring to a boil. Cover, reduce heat, and simmer 2 minutes. Uncover and cook 10 minutes or until liquid almost evaporates, stirring occasionally. Stir in chives, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:8.7321739041287%

Flavonoids

Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 53.65kcal (2.68%), Fat: 0.77g (1.19%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 9.04g (3.29%), Sugar: 7.09g (7.87%), Cholesterol: 1.34mg (0.45%), Sodium: 193.81mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin A: 14279.65IU (285.59%), Vitamin C: 9.78mg (11.85%), Vitamin K: 12.18µg (11.6%), Manganese: 0.2mg (10.07%), Fiber: 2.45g (9.82%), Potassium: 311.76mg (8.91%), Vitamin B6: 0.13mg (6.33%), Vitamin B2: 0.09mg (5.17%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.07mg (4.53%), Folate: 17.5µg (4.37%), Vitamin E: 0.6mg (3.99%), Calcium: 35.27mg (3.53%), Phosphorus: 33.98mg (3.4%), Magnesium: 12.41mg (3.1%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.32%), Iron: 0.32mg (1.8%), Zinc: 0.23mg (1.56%)