



Marmalade-Glazed Carrots

 Vegetarian  Gluten Free

READY IN



340 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- 2 pounds carrots fresh halved lengthwise cut into 2-inch pieces
- 0.5 cup orange marmalade
- 3 tablespoons water cold divided
- 2 tablespoons brown sugar
- 1 tablespoon butter melted
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.3 teaspoon nutmeg

- 0.1 teaspoon pepper
- 1 tablespoon cornstarch

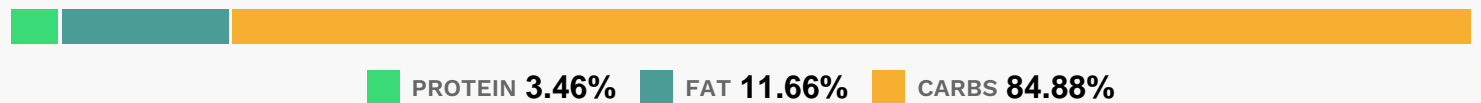
Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- In a 3-qt. slow cooker, combine the carrots, marmalade, 1 tablespoon water, brown sugar, butter and seasonings. Cover and cook on low until carrots are tender, 5–6 hours.
- In a small bowl, combine cornstarch and remaining water until smooth; stir into carrot mixture. Cover and cook on high until thickened, about 30 minutes.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:4.83, Inflammation Score:-10, Nutrition Score:11.106521821864%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 165.55kcal (8.28%), Fat: 2.29g (3.52%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 32.96g (11.99%), Sugar: 27.08g (30.08%), Cholesterol: 5.02mg (1.67%), Sodium: 232.81mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 25334.7IU (506.69%), Vitamin K: 20.24µg (19.28%), Fiber: 4.55g (18.19%), Potassium: 501.2mg (14.32%), Manganese: 0.26mg (13.1%), Vitamin C: 10.21mg (12.38%), Vitamin B6: 0.22mg (10.8%), Folate: 31.32µg (7.83%), Vitamin B3: 1.51mg (7.55%), Vitamin E: 1.07mg (7.15%), Vitamin B1: 0.1mg (6.77%), Calcium: 66.23mg (6.62%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 55.23mg (5.52%), Copper: 0.1mg (4.89%), Magnesium: 19.52mg (4.88%), Vitamin B5: 0.43mg (4.26%), Iron: 0.55mg (3.06%), Zinc: 0.38mg (2.56%)