



Marmalade-glazed Carrots

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



5

CALORIES



93 kcal

SIDE DISH

Ingredients

- 1 pound baby-cut carrots rinsed peeled scrubbed
- 1 tablespoon butter
- 1 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 0.3 cup orange marmalade
- 1 tablespoon parsley chopped
- 5 servings salt and pepper

Equipment

frying pan

Directions

In a 10- to 12-inch frying pan over high heat, combine 3/4 cup water and carrots. Cover, bring to a boil, then reduce heat to medium-high. Shake pan occasionally until carrots are tender when pierced, about 8 minutes.

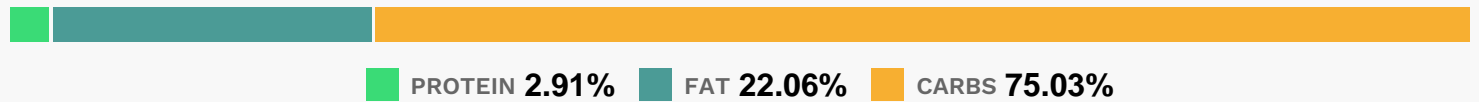
Drain.

Return carrots to pan over high heat.

Add butter, orange marmalade, ginger, and nutmeg. Stir often until marmalade mixture clings to carrots, 5 to 6 minutes.

Sprinkle with parsley, and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:8.865217451978%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 93.13kcal (4.66%), Fat: 2.41g (3.71%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 15.63g (5.69%), Sugar: 13.95g (15.5%), Cholesterol: 0mg (0%), Sodium: 300.48mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin A: 12687.72IU (253.75%), Vitamin K: 21.65µg (20.62%), Manganese: 0.28mg (13.83%), Fiber: 2.84g (11.34%), Folate: 27.27µg (6.82%), Potassium: 232.03mg (6.63%), Copper: 0.11mg (5.44%), Iron: 0.96mg (5.35%), Vitamin C: 4.2mg (5.09%), Vitamin B6: 0.1mg (5.09%), Calcium: 37.72mg (3.77%), Vitamin B5: 0.37mg (3.74%), Vitamin B3: 0.56mg (2.81%), Phosphorus: 27.93mg (2.79%), Magnesium: 10.83mg (2.71%), Vitamin B2: 0.04mg (2.31%), Vitamin B1: 0.03mg (1.96%), Selenium: 1.14µg (1.63%), Zinc: 0.19mg (1.24%)