

Minted Carrots

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



167 kcal

SIDE DISH

Ingredients

- 0.5 pound baby carrots
- 2 tablespoons brown sugar
- 1 teaspoon butter
- 0.1 teaspoon mint leaves dried crushed
- 2 tablespoons honey

Equipment

- frying pan
- sauce pan

Directions

- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the carrots, recover, and steam until just tender, 2 to 6 minutes depending on thickness.
- Drain carrots.
- Heat the butter in a skillet over low heat. Stir in the carrots, brown sugar, honey, and mint. Continue to cook and stir until the sugar is dissolved, 2 to 3 minutes.

Nutrition Facts

 **PROTEIN 1.88%**  **FAT 11.09%**  **CARBS 87.03%**

Properties

Glycemic Index:51.14, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:8.7939129941489%

Nutrients (% of daily need)

Calories: 167.14kcal (8.36%), Fat: 2.18g (3.35%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 35.1g (12.76%), Sugar: 34.28g (38.09%), Cholesterol: 5.38mg (1.79%), Sodium: 108.83mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin A: 15703.38IU (314.07%), Fiber: 3.34g (13.36%), Vitamin K: 10.83µg (10.32%), Manganese: 0.2mg (9.96%), Potassium: 296.83mg (8.48%), Folate: 31.4µg (7.85%), Iron: 1.21mg (6.72%), Vitamin B6: 0.13mg (6.5%), Copper: 0.13mg (6.35%), Vitamin B5: 0.49mg (4.88%), Calcium: 48.57mg (4.86%), Vitamin C: 3.05mg (3.7%), Phosphorus: 33.76mg (3.38%), Vitamin B3: 0.67mg (3.36%), Magnesium: 13.08mg (3.27%), Vitamin B2: 0.05mg (2.95%), Vitamin B1: 0.03mg (2.28%), Selenium: 1.36µg (1.94%), Zinc: 0.25mg (1.64%)