



Minted Carrots With Pineapple



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 4 large carrots
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 1 tablespoon honey
- ☐ 2 cups pineapple cubed
- ☐ 0.3 cup pineapple juice unsweetened
- ☐ 0.3 teaspoon salt

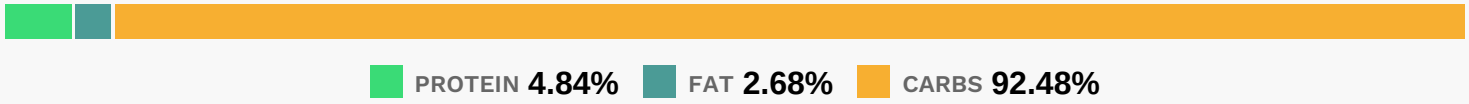
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine pineapple juice, honey, salt and fresh mint in a medium saucepan; bring to a boil.
- ²
- ☐
- Add carrots; cover reduce heat, simmer 8–10 minutes.
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- Stir in pineapple cubes and cook an additional 5 minutes or until carrots are tender.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:7.57, Inflammation Score:-10, Nutrition Score:10.560869588152%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 66.08kcal (3.3%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 14.36g (5.22%), Sugar: 11.87g (13.19%), Cholesterol: 0mg (0%), Sodium: 131.55mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin A: 8131.09IU (162.62%), Vitamin C: 31.05mg (37.63%), Manganese: 0.67mg (33.48%), Fiber: 2.3g (9.19%), Vitamin B6: 0.14mg (7.21%), Potassium: 243.1mg (6.95%), Vitamin K: 6.76µg (6.44%), Folate: 23.59µg (5.9%), Vitamin B1: 0.08mg (5.62%), Copper: 0.1mg (4.93%), Vitamin B3: 0.81mg (4.05%), Magnesium: 15.51mg (3.88%), Vitamin B2: 0.05mg (3.21%), Calcium: 29.52mg (2.95%), Vitamin B5: 0.26mg (2.64%), Iron: 0.45mg (2.53%), Phosphorus: 23.76mg (2.38%), Vitamin E: 0.33mg (2.2%), Zinc: 0.22mg (1.5%)