



Molasses-and-Ginger-Glazed Carrots

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



113 kcal

SIDE DISH

Ingredients

- 4 pounds carrots
- 2 tablespoons t brown sugar dark
- 2 teaspoons ginger grated
- 2 tablespoons blackstrap molasses light
- 4 tablespoons butter unsalted ()

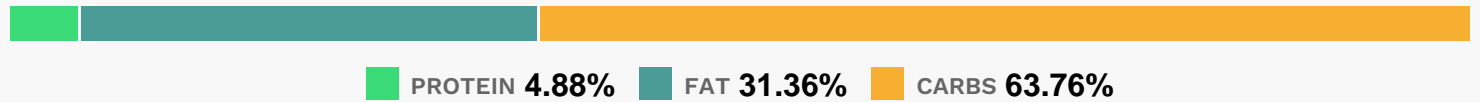
Equipment

- pot

Directions

- Peel carrots and slice them on the bias (at about a 45-degree angle) into 1/2-inch-thick pieces (you should have about 10 cups). Fill a large pot with salted water and bring to a boil. Cook carrots until just tender, about 10 minutes.
- Drain. (If making ahead, drain the carrots and cool in ice water to halt cooking.)
- Drain and refrigerate until ready to finish the recipe.)Return carrots to the pot over medium-low heat, and add butter, sugar, molasses, and ginger. Cook until carrots are warmed through and glazed, about 5 minutes. Season well with salt and freshly ground black pepper.
- Serve.

Nutrition Facts



Properties

Glycemic Index:8.82, Glycemic Load:5.9, Inflammation Score:-10, Nutrition Score:11.154782573814%

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: 112.98kcal (5.65%), Fat: 4.15g (6.39%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 14.76g (5.37%), Sugar: 11.61g (12.89%), Cholesterol: 10.03mg (3.34%), Sodium: 106.68mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin A: 25375.67IU (507.51%), Vitamin K: 20.29µg (19.32%), Fiber: 4.24g (16.96%), Potassium: 537.66mg (15.36%), Manganese: 0.27mg (13.47%), Vitamin B6: 0.23mg (11.62%), Vitamin C: 8.94mg (10.83%), Vitamin B3: 1.52mg (7.62%), Vitamin E: 1.11mg (7.38%), Folate: 28.92µg (7.23%), Vitamin B1: 0.1mg (6.76%), Magnesium: 26.63mg (6.66%), Calcium: 59.56mg (5.96%), Phosphorus: 55.27mg (5.53%), Vitamin B2: 0.09mg (5.26%), Vitamin B5: 0.45mg (4.48%), Copper: 0.09mg (4.34%), Iron: 0.63mg (3.49%), Zinc: 0.38mg (2.52%), Selenium: 0.82µg (1.17%)