



Orange-Ginger-Glazed Carrots



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 1 lb baby carrots washed
- ☐ 2 teaspoons butter
- ☐ 1 tsp ginger freshly grated
- ☐ 2 teaspoons honey
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

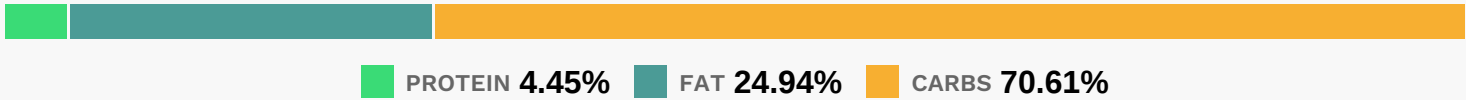
☐ sauce pan

Directions

☐ Stir together all ingredients and 1 cup water in a medium saucepan over medium heat, and bring to a boil. Reduce heat, and simmer, stirring occasionally, 30 to 35 minutes or until liquid evaporates and carrots are glazed.

☐ *1 tsp. ground ginger may be substituted.

Nutrition Facts



Properties

Glycemic Index:33.55, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:7.60695648922222%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 50.85kcal (2.54%), Fat: 1.48g (2.27%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.13g (2.59%), Sugar: 6.39g (7.1%), Cholesterol: 3.58mg (1.19%), Sodium: 166.84mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin A: 10489.01IU (209.78%), Vitamin C: 7.61mg (9.23%), Fiber: 2.27g (9.08%), Vitamin K: 7.3µg (6.95%), Manganese: 0.12mg (6.19%), Folate: 23.75µg (5.94%), Potassium: 204.11mg (5.83%), Vitamin B6: 0.09mg (4.27%), Copper: 0.08mg (4.13%), Iron: 0.71mg (3.96%), Vitamin B5: 0.33mg (3.29%), Calcium: 26.7mg (2.67%), Phosphorus: 23.67mg (2.37%), Vitamin B3: 0.47mg (2.36%), Magnesium: 9.07mg (2.27%), Vitamin B1: 0.03mg (2.17%), Vitamin B2: 0.03mg (1.9%), Selenium: 0.73µg (1.05%)