



Orange-Glazed Carrot Ribbons

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon balsamic vinegar
- ☐ 2 tablespoons butter ()
- ☐ 2 pounds carrots peeled
- ☐ 4 servings chives chopped
- ☐ 1.5 teaspoons t brown sugar dark packed ()
- ☐ 2 teaspoons honey
- ☐ 2 cups orange juice

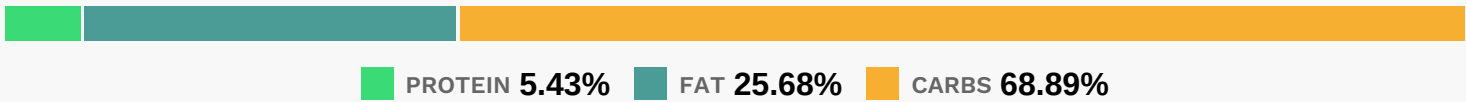
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Run vegetable peeler down length of carrots, shaving off long ribbons (you will need about 8 cups ribbons). Cook in large saucepan of boiling salted water 2 minutes.
- ☐ Drain and gently pat dry. (Can be made 6 hours ahead. Cover; chill.) Stir orange juice and sugar in heavy large skillet over medium-high heat until sugar dissolves. Boil until reduced to scant 1 cup, about 5 minutes.
- ☐ Add carrots and butter; simmer until carrots absorb most of orange syrup, about 4 minutes.
- ☐ Add honey and vinegar.
- ☐ Mix gently. Season with salt and pepper.
- ☐ Transfer carrots to serving bowl.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:74.03, Glycemic Load:15.32, Inflammation Score:-10, Nutrition Score:19.301739086923%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 215.89kcal (10.79%), Fat: 6.48g (9.96%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 32.45g (11.8%), Sugar: 25.56g (28.4%), Cholesterol: 15.05mg (5.02%), Sodium: 203.4mg

(8.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin A: 38355.03IU (767.1%), Vitamin C: 75.98mg (92.1%), Vitamin K: 32.68µg (31.12%), Potassium: 982.55mg (28.07%), Fiber: 6.63g (26.52%), Folate: 81.64µg (20.41%), Vitamin B6: 0.37mg (18.28%), Vitamin B1: 0.26mg (17.49%), Manganese: 0.35mg (17.48%), Vitamin B3: 2.74mg (13.7%), Vitamin E: 1.71mg (11.41%), Magnesium: 41.66mg (10.41%), Phosphorus: 102.98mg (10.3%), Vitamin B2: 0.17mg (10.21%), Calcium: 92.62mg (9.26%), Vitamin B5: 0.87mg (8.7%), Copper: 0.16mg (8.01%), Iron: 0.97mg (5.41%), Zinc: 0.63mg (4.18%)