

Orange Glazed Carrots

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots
- 3 tablespoons brown sugar
- 2 tablespoons butter
- 0.3 cup orange juice
- 1 pinch salt

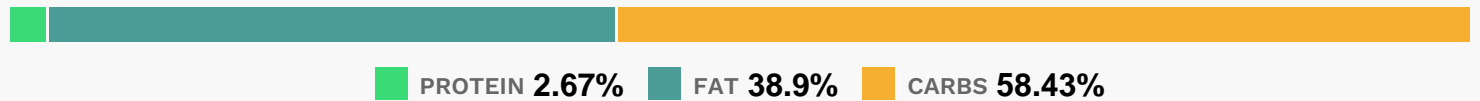
Equipment

- frying pan
- sauce pan

Directions

- Place carrots in a shallow saucepan, and cover with water. Boil until tender.
- Drain, and return carrots to pan.
- Pour orange juice over carrots, and mix well. Simmer over medium heat for about 5 minutes. Stir in brown sugar, butter, and salt.
- Heat until butter and sugar melt.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:9.278260871768%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 131.05kcal (6.55%), Fat: 5.86g (9.01%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 16.47g (5.99%), Sugar: 15.43g (17.15%), Cholesterol: 15.05mg (5.02%), Sodium: 145.82mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin A: 15843.53IU (316.87%), Fiber: 3.32g (13.28%), Vitamin C: 10.7mg (12.97%), Vitamin K: 11.16µg (10.63%), Manganese: 0.18mg (8.96%), Potassium: 313.41mg (8.95%), Folate: 35.57µg (8.89%), Vitamin B6: 0.13mg (6.46%), Copper: 0.12mg (6.22%), Iron: 1.11mg (6.14%), Vitamin B5: 0.5mg (5.04%), Calcium: 47.15mg (4.71%), Phosphorus: 36.43mg (3.64%), Vitamin B3: 0.71mg (3.53%), Magnesium: 14mg (3.5%), Vitamin B1: 0.05mg (3.22%), Vitamin B2: 0.05mg (2.81%), Selenium: 1.21µg (1.73%), Zinc: 0.21mg (1.4%), Vitamin E: 0.17mg (1.12%)