



Orange Glazed Carrots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 tablespoons maple syrup pure
- ☐ 2 pounds orange and/or purple carrots with greens intact, scrubbed and trimmed thin
- ☐ 1 cup orange juice fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted

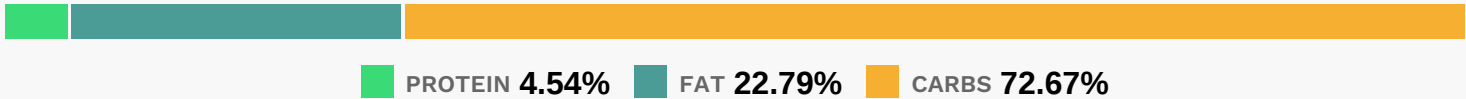
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a 5- to 6-quart pot of salted water to a boil and cook carrots until just tender (6–8 minutes).
- ☐ Drain well.
- ☐ Melt butter in a large (12-inch) heavy skillet over medium–high heat until foam subsides.
- ☐ Add carrots and saut 1 minute.
- ☐ Add orange juice, maple syrup, thyme, salt, and pepper, and bring to a boil. Continue to boil, shaking skillet frequently, until liquid is reduced and syrupy, and carrots are tender (5–10 minutes).

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:10.76, Inflammation Score:-9, Nutrition Score:10.293043419071%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 46.14mg, Hesperetin: 46.14mg, Hesperetin: 46.14mg, Hesperetin: 46.14mg Naringenin: 24.05mg, Naringenin: 24.05mg, Naringenin: 24.05mg, Naringenin: 24.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 151.51kcal (7.58%), Fat: 4.07g (6.26%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 25.32g (9.21%), Sugar: 23.6g (26.23%), Cholesterol: 10.03mg (3.34%), Sodium: 195.74mg (8.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin C: 102.97mg (124.81%), Fiber: 3.9g (15.58%), Manganese: 0.31mg (15.25%), Folate: 58.44µg (14.61%), Vitamin B2: 0.21mg (12.18%), Vitamin A: 595.37IU (11.91%), Vitamin B1: 0.18mg (11.75%), Potassium: 388.21mg (11.09%), Calcium: 82.26mg (8.23%), Magnesium: 23.87mg (5.97%), Vitamin B6: 0.11mg (5.58%), Copper: 0.09mg (4.74%), Vitamin B5: 0.47mg (4.68%), Vitamin B3: 0.62mg (3.12%), Phosphorus: 30.68mg (3.07%), Vitamin E: 0.4mg (2.65%), Iron: 0.46mg (2.55%), Zinc: 0.22mg (1.49%), Selenium: 0.85µg (1.21%)