



Orange-Glazed Carrots



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots cut into 1/4-inch-thick slices
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons orange juice concentrate frozen

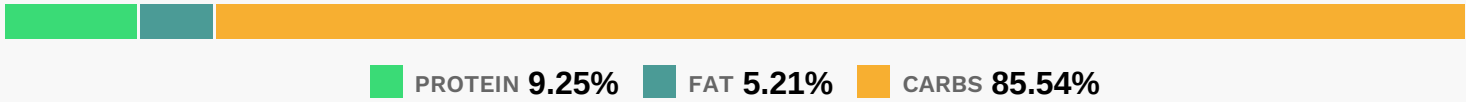
Equipment

- ☐ sauce pan

Directions

- ☐ Combine carrot and broth in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Add orange juice concentrate, sweetener, and ginger to carrot mixture, stirring well. Cook, uncovered, over medium heat 8 minutes or until carrot is tender and liquid is reduced, stirring occasionally.
- ☐ Serve immediately.
- ☐ Tip: If your carrots have gone limp, soak them in ice water for 20 to 30 minutes until they are crisp again.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:10.414782607037%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 59.56kcal (2.98%), Fat: 0.37g (0.57%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 10.35g (3.76%), Sugar: 7.64g (8.49%), Cholesterol: 0mg (0%), Sodium: 252.88mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin A: 18972.34IU (379.45%), Vitamin C: 17.41mg (21.11%), Vitamin K: 15µg (14.28%), Fiber: 3.27g (13.07%), Potassium: 423.8mg (12.11%), Manganese: 0.21mg (10.6%), Vitamin B6: 0.18mg (9.12%), Vitamin B3: 1.44mg (7.22%), Folate: 27.68µg (6.92%), Vitamin B1: 0.1mg (6.55%), Vitamin E: 0.79mg (5.29%), Vitamin B2: 0.09mg (5.17%), Phosphorus: 49.09mg (4.91%), Magnesium: 16.89mg (4.22%), Calcium: 42.08mg (4.21%), Vitamin B5: 0.4mg (4.03%), Copper: 0.06mg (3.2%), Iron: 0.45mg (2.49%), Zinc: 0.3mg (1.98%), Selenium: 1.15µg (1.64%), Vitamin B12: 0.09µg (1.42%)