



Orange-Glazed Carrots



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 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
- ☐ 4 servings try build-a-meal

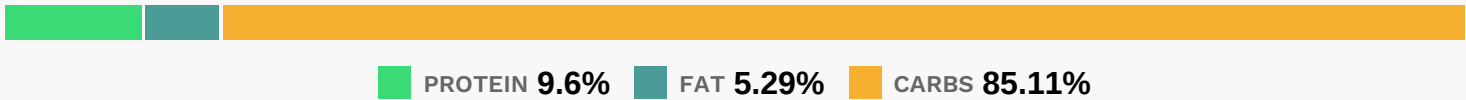
Equipment

- ☐ 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:10.795652187389%

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: 62.8kcal (3.14%), Fat: 0.4g (0.61%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 10.81g (3.93%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 252.89mg (11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin A: 18972.45IU (379.45%), Vitamin C: 17.41mg (21.11%), Vitamin K: 15.06µg (14.34%), Fiber: 3.49g (13.97%), Manganese: 0.28mg (13.95%), Potassium: 431.1mg (12.32%), Vitamin B6: 0.19mg (9.32%), Vitamin B3: 1.5mg (7.5%), Folate: 27.83µg (6.96%), Vitamin B1: 0.1mg (6.75%), Phosphorus: 55.41mg (5.54%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.09mg (5.34%), Magnesium: 19.37mg (4.84%), Calcium: 42.64mg (4.26%), Vitamin B5: 0.42mg (4.18%), Copper: 0.07mg (3.55%), Iron: 0.51mg (2.85%), Selenium: 1.66µg (2.37%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.09µg (1.42%)