



Orange-Glazed Carrots and Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 1.5 cups onion thinly sliced
- ☐ 2 tablespoons orange marmalade
- ☐ 0.3 teaspoon salt

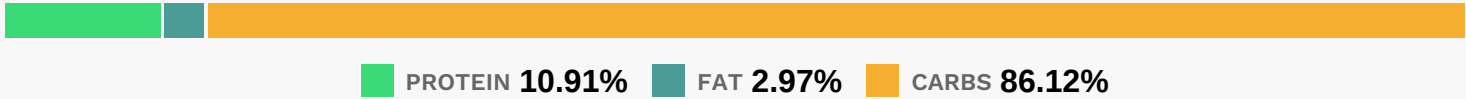
Equipment

☐ sauce pan

Directions

☐ Combine the first 5 ingredients in a medium saucepan; bring to a simmer over medium heat. Cover and simmer 10 minutes or until onion is tender. Stir in marmalade, salt, and pepper. Cook, uncovered, 30 minutes or until liquid is reduced to 1/4 cup (about 30 minutes), stirring frequently.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:8.9869565315869%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 65.89kcal (3.29%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 12.1g (4.4%), Sugar: 9.4g (10.44%), Cholesterol: 0mg (0%), Sodium: 604.04mg (26.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin A: 10430.5IU (208.61%), Fiber: 3.01g (12.03%), Manganese: 0.22mg (11.22%), Folate: 32.54µg (8.13%), Potassium: 282.68mg (8.08%), Vitamin B6: 0.15mg (7.66%), Vitamin K: 7.41µg (7.06%), Vitamin C: 5.4mg (6.55%), Copper: 0.11mg (5.55%), Iron: 0.95mg (5.25%), Phosphorus: 51.37mg (5.14%), Magnesium: 17.86mg (4.47%), Vitamin B5: 0.43mg (4.28%), Calcium: 41.17mg (4.12%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.78mg (3.88%), Vitamin B1: 0.05mg (3.22%), Selenium: 1.87µg (2.67%), Zinc: 0.28mg (1.85%), Vitamin B12: 0.08µg (1.26%)