



## Orange-Glazed Carrots and Sugar Snap Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

### Ingredients

- 2 cups baby carrots
- 1 cup sugar snap peas frozen
- 3 tablespoons orange marmalade
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon ground ginger
- 1 Dash pepper

### Equipment

- sauce pan

## Directions

- In 2-quart saucepan, heat 1 cup water to boiling.
- Add carrots; return to boiling. Reduce heat to low; cover and simmer 8 to 10 minutes, adding sugar snap peas during last 5 minutes of cooking, until carrots are tender.
- Drain; return to saucepan.
- Stir in marmalade, seasoned salt, ginger and pepper. Cook and stir over medium heat until marmalade is melted and vegetables are glazed.

## Nutrition Facts

 **PROTEIN 6.19%**  **FAT 1.67%**  **CARBS 92.14%**

## Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:7.533043489508%

## Nutrients (% of daily need)

Calories: 46.71kcal (2.34%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 9.7g (3.53%), Sugar: 8.69g (9.65%), Cholesterol: 0mg (0%), Sodium: 233.35mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin A: 6067.59IU (121.35%), Vitamin C: 11.39mg (13.81%), Vitamin K: 8.12µg (7.74%), Fiber: 1.75g (6.99%), Manganese: 0.14mg (6.83%), Folate: 19.29µg (4.82%), Iron: 0.75mg (4.19%), Potassium: 138.85mg (3.97%), Vitamin B6: 0.07mg (3.67%), Copper: 0.07mg (3.27%), Vitamin B5: 0.3mg (2.96%), Vitamin B1: 0.04mg (2.52%), Calcium: 24.77mg (2.48%), Magnesium: 8.6mg (2.15%), Phosphorus: 21.17mg (2.12%), Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.35mg (1.74%)