



Orange-Spiced Carrots

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 3 cups carrots sliced
- 0.3 teaspoon ground nutmeg
- 1 tablespoon butter reduced-calorie
- 0.3 cup orange juice fresh
- 1 teaspoon coarsely orange rind grated
- 0.5 teaspoon vanilla extract

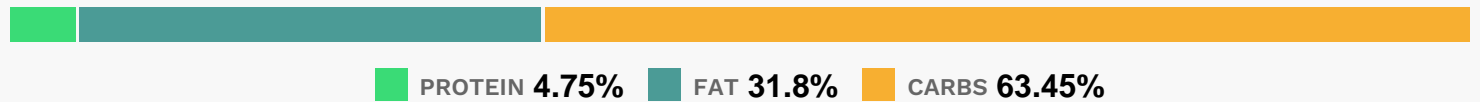
Equipment

- sauce pan
- steamer basket

Directions

- Arrange carrot in a steamer basket over boiling water. Cover and steam 8 minutes or until crisp-tender.
- Combine orange rind and next 4 ingredients in a saucepan; stir in carrot. Bring to a boil; cook, stirring constantly, 5 minutes.
- Remove from heat, and stir in vanilla.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:9.1321739384338%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg 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: 85.48kcal (4.27%), Fat: 3.13g (4.81%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.24g (4.09%), Sugar: 8.86g (9.85%), Cholesterol: 0mg (0%), Sodium: 100.32mg (4.36%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 1.05g (2.1%), Vitamin A: 16196.18IU (323.92%), Vitamin C: 14.1mg (17.1%), Vitamin K: 12.69µg (12.08%), Fiber: 2.8g (11.19%), Potassium: 345.9mg (9.88%), Manganese: 0.15mg (7.31%), Vitamin B6: 0.14mg (7.07%), Folate: 23.2µg (5.8%), Vitamin B1: 0.08mg (5.25%), Vitamin B3: 1.02mg (5.09%), Vitamin E: 0.75mg (5%), Calcium: 38.01mg (3.8%), Phosphorus: 37.56mg (3.76%), Vitamin B2: 0.06mg (3.68%), Magnesium: 14mg (3.5%), Vitamin B5: 0.3mg (3.01%), Copper: 0.05mg (2.68%), Iron: 0.35mg (1.94%), Zinc: 0.24mg (1.62%)