



Pepper Jelly-Glazed Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients



2 pound baby carrots



2 tablespoons butter



10.5 ounce condensed chicken broth undiluted canned



10.5 ounce pepper jelly red

Equipment

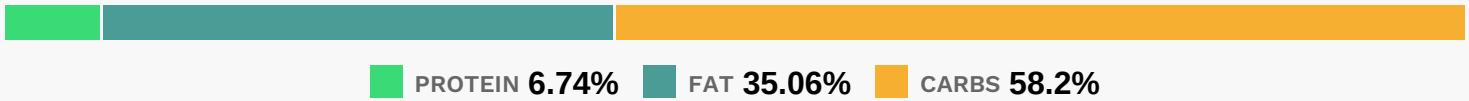


frying pan

Directions

- ☐
- Combine carrots and chicken broth in a skillet over medium high heat. Bring to a boil, and cook, stirring often, 6 to 8 minutes or until carrots are crisp-tender and broth is reduced to 1/4 cup.
- ☐
- Stir in butter and red pepper jelly, and cook, stirring constantly, 5 minutes or until mixture is thickened and glazes carrots.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:15.340869571204%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 102.35kcal (5.12%), Fat: 4.21g (6.47%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 10.28g (3.74%), Sugar: 9.49g (10.55%), Cholesterol: 0.99mg (0.33%), Sodium: 347.98mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin A: 22571.39IU (451.43%), Vitamin C: 67.44mg (81.75%), Fiber: 5.43g (21.71%), Folate: 63.69µg (15.92%), Vitamin K: 16.64µg (15.85%), Manganese: 0.31mg (15.33%), Vitamin B6: 0.3mg (15.18%), Potassium: 473.91mg (13.54%), Iron: 1.59mg (8.85%), Copper: 0.17mg (8.35%), Vitamin B5: 0.77mg (7.72%), Vitamin B2: 0.13mg (7.51%), Vitamin B3: 1.44mg (7.18%), Vitamin E: 0.95mg (6.32%), Phosphorus: 58.29mg (5.83%), Vitamin B1: 0.08mg (5.54%), Calcium: 55.24mg (5.52%), Magnesium: 21.71mg (5.43%), Zinc: 0.42mg (2.77%), Selenium: 1.61µg (2.3%)