



Pepper Jelly-Glazed Carrots



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 32 oz carrots halved
- ☐ 10.5 oz condensed chicken broth undiluted canned
- ☐ 10.5 oz pepper jelly red

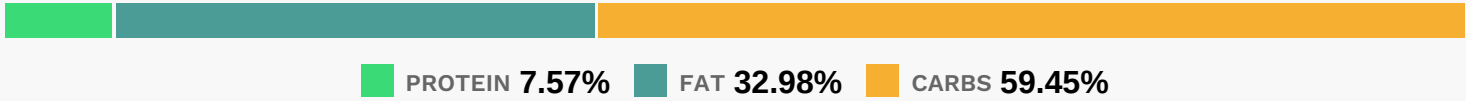
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut carrot halves lengthwise into quarters. Bring carrots and chicken broth to a boil in a skillet over medium-high heat, and cook, stirring often, 6 to 8 minutes or until carrots are crisp-tender and broth is reduced to 1/4 cup.
- ☐ Stir in pepper jelly and butter, and cook, stirring constantly, 5 minutes or until mixture thickens and carrots are glazed.
- ☐ Transfer to a serving dish, using a slotted spoon.
- ☐ Pour half of pan juices over carrots; discard remaining pan juices.
- ☐ *1 (10 1/2-oz.) jar hot jalapeo pepper jelly may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:16.155652193272%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 111.42kcal (5.57%), Fat: 4.37g (6.73%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 12.46g (4.53%), Sugar: 9.46g (10.52%), Cholesterol: 0.99mg (0.33%), Sodium: 334.38mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin A: 26980.31IU (539.61%), Vitamin C: 72.43mg (87.8%), Vitamin K: 22.39µg (21.32%), Fiber: 5.28g (21.1%), Vitamin B6: 0.35mg (17.67%), Potassium: 599.4mg (17.13%), Manganese: 0.29mg (14.73%), Vitamin E: 1.95mg (12.98%), Folate: 51.6µg (12.9%), Vitamin B3: 2.08mg (10.41%), Vitamin B2: 0.16mg (9.46%), Vitamin B1: 0.14mg (9.16%), Phosphorus: 68.88mg (6.89%), Magnesium: 24.73mg (6.18%), Vitamin B5: 0.58mg (5.78%), Calcium: 56.75mg (5.68%), Copper: 0.08mg (4.2%), Iron: 0.7mg (3.9%), Zinc: 0.52mg (3.48%)