



Pineapple Carrots

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- 16 ounces baby carrots
- 8 ounces dole pineapple tidbits undrained canned
- 2 tablespoons brown sugar packed
- 2 tablespoons butter melted
- 2 teaspoons orange zest grated
- 0.5 teaspoon salt
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

Equipment

slow cooker

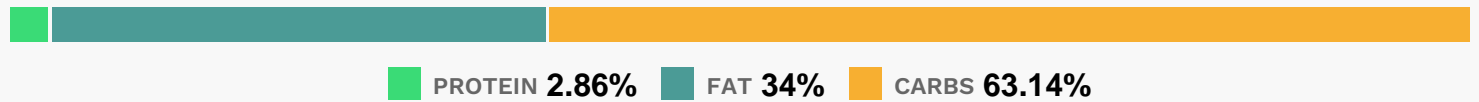
Directions

Place carrots and pineapple in 3 1/2- to 4-quart slow cooker.

Mix remaining ingredients; pour over carrots and pineapple.

Cover and cook on high heat setting 4 to 5 hours or until carrots are tender.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:8.1773913094531%

Nutrients (% of daily need)

Calories: 99.39kcal (4.97%), Fat: 3.93g (6.05%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 13.56g (4.93%), Sugar: 12.9g (14.33%), Cholesterol: 0mg (0%), Sodium: 298.31mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin A: 10614.27IU (212.29%), Fiber: 2.86g (11.44%), Vitamin C: 6.44mg (7.81%), Manganese: 0.15mg (7.44%), Vitamin K: 7.42µg (7.07%), Potassium: 235.78mg (6.74%), Copper: 0.12mg (6.01%), Folate: 22.66µg (5.67%), Vitamin B6: 0.11mg (5.57%), Iron: 0.83mg (4.61%), Vitamin B1: 0.06mg (4.19%), Calcium: 37.98mg (3.8%), Magnesium: 14.13mg (3.53%), Vitamin B5: 0.32mg (3.16%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 25.47mg (2.55%), Vitamin B2: 0.04mg (2.21%), Selenium: 0.89µg (1.28%), Zinc: 0.17mg (1.16%), Vitamin E: 0.16mg (1.05%)