



Quick Honey Carrots



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 lb baby carrots
- ☐ 2 teaspoons cider vinegar
- ☐ 1 tablespoon honey
- ☐ 1.5 teaspoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon or dried fresh chopped

Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Toss together all ingredients in a microwave-safe bowl. Cover and microwave at HIGH 6 to 7 minutes or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:8.7791304225507%

Nutrients (% of daily need)

Calories: 69.94kcal (3.5%), Fat: 1.66g (2.55%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 10.45g (3.8%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 379.58mg (16.5%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin A: 15642.69IU (312.85%), Fiber: 3.36g (13.44%), Vitamin K: 13.81µg (13.15%), Manganese: 0.2mg (10.01%), Potassium: 275.23mg (7.86%), Folate: 31.08µg (7.77%), Iron: 1.21mg (6.71%), Vitamin B6: 0.12mg (6.06%), Copper: 0.12mg (5.88%), Vitamin B5: 0.46mg (4.59%), Calcium: 39.61mg (3.96%), Vitamin C: 3.04mg (3.68%), Phosphorus: 32.51mg (3.25%), Vitamin B3: 0.64mg (3.22%), Magnesium: 11.96mg (2.99%), Vitamin B2: 0.04mg (2.55%), Vitamin B1: 0.03mg (2.32%), Selenium: 1.07µg (1.54%), Vitamin E: 0.23mg (1.51%), Zinc: 0.21mg (1.43%)