



Sauteed Carrots and Leeks



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 carrots finely chopped
- ☐ 0.3 cup chicken broth
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 leeks finely chopped
- ☐ 1 tablespoon sugar white

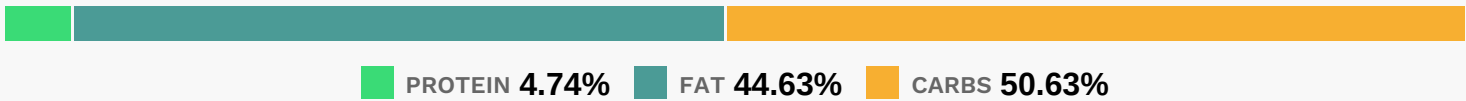
Equipment

☐ frying pan

Directions

☐ Combine leeks, carrots, chicken broth, butter, sugar, thyme, salt, and pepper in a skillet; bring to a boil. Reduce heat and simmer until liquid evaporates, about 15 minutes. Cook and stir mixture until leeks and carrots are lightly browned, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:38.49, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:8.57391304296%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 77.05kcal (3.85%), Fat: 4.01g (6.17%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.53g (3.1%), Sugar: 5.14g (5.71%), Cholesterol: 10.29mg (3.43%), Sodium: 306.3mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 7408.59IU (148.17%), Vitamin K: 21.14µg (20.13%), Manganese: 0.22mg (10.97%), Vitamin C: 6mg (7.27%), Fiber: 1.71g (6.86%), Folate: 27.09µg (6.77%), Vitamin B6: 0.13mg (6.3%), Potassium: 188.32mg (5.38%), Iron: 0.86mg (4.8%), Vitamin E: 0.66mg (4.41%), Calcium: 34.47mg (3.45%), Magnesium: 13.67mg (3.42%), Vitamin B1: 0.05mg (3.21%), Copper: 0.06mg (2.87%), Vitamin B3: 0.55mg (2.77%), Phosphorus: 26.49mg (2.65%), Vitamin B2: 0.04mg (2.5%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.15mg (1.02%)