



Slow-Cooker Apricot-Glazed Carrots

 Vegetarian  Gluten Free  Dairy Free

READY IN



565 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

Ingredients

- 32 oz baby carrots
- 1 medium onion sliced cut in half,
- 0.3 teaspoon salt
- 0.3 cup honey
- 0.3 cup apricot preserves
- 2 tablespoons parsley fresh chopped

Equipment

- bowl

slow cooker

Directions

In 4- to 5-quart slow cooker, place carrots and onion.

Sprinkle with salt.

Cover; cook on Low heat setting 9 to 10 hours.

Discard liquid in cooker. In small bowl, mix honey and preserves; pour over carrots in cooker. Increase heat setting to High. Cover; cook 10 to 15 minutes or until hot.

Sprinkle with parsley before serving. Carrots will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts

PROTEIN 3.38% FAT 1.41% CARBS 95.21%

Properties

Glycemic Index:11.13, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:8.7286956773504%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 89.88kcal (4.49%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 20.05g (7.29%), Sugar: 17.49g (19.43%), Cholesterol: 0mg (0%), Sodium: 133.39mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin A: 12593.86IU (251.88%), Vitamin K: 21.69µg (20.66%), Fiber: 2.89g (11.56%), Manganese: 0.16mg (8.24%), Potassium: 247.46mg (7.07%), Folate: 28.1µg (7.03%), Vitamin C: 4.99mg (6.05%), Vitamin B6: 0.11mg (5.67%), Copper: 0.11mg (5.41%), Iron: 0.97mg (5.37%), Vitamin B5: 0.39mg (3.9%), Calcium: 34.96mg (3.5%), Phosphorus: 29.74mg (2.97%), Magnesium: 11.11mg (2.78%), Vitamin B3: 0.54mg (2.72%), Vitamin B2: 0.04mg (2.5%), Vitamin B1: 0.03mg (2.2%), Selenium: 1.12µg (1.6%), Zinc: 0.21mg (1.41%)