



Spiced Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 lb carrots (12)
- ☐ 0.1 teaspoon cayenne to taste
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup water

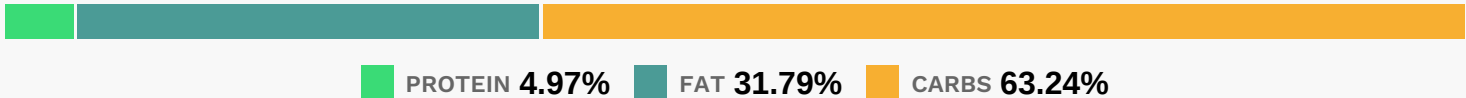
Equipment

☐ frying pan

Directions

- ☐ Quarter carrots lengthwise, then cut into 2 1/2-inch pieces.
- ☐ Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté carrots, uncovered, stirring occasionally, until slightly softened, about 5 minutes.
- ☐ Add brown sugar, stirring until sugar is melted. Stir in water, lemon juice, salt, cinnamon, and cayenne and simmer, covered, until carrots are tender and liquid is reduced to a glaze, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:10.824347805718%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 111.36kcal (5.57%), Fat: 4.16g (6.4%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 14.32g (5.21%), Sugar: 11.1g (12.33%), Cholesterol: 10.03mg (3.34%), Sodium: 300.77mg (13.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin A: 25393.35IU (507.87%), Vitamin K: 20.34µg (19.38%), Fiber: 4.29g (17.18%), Potassium: 493.23mg (14.09%), Manganese: 0.23mg (11.75%), Vitamin C: 9.6mg (11.64%), Vitamin B6: 0.21mg (10.62%), Vitamin B3: 1.5mg (7.49%), Vitamin E: 1.12mg (7.49%), Folate: 29.29µg (7.32%), Vitamin B1: 0.1mg (6.71%), Calcium: 56.04mg (5.6%), Phosphorus: 54.51mg (5.45%), Vitamin B2: 0.09mg (5.29%), Magnesium: 19.01mg (4.75%), Vitamin B5: 0.43mg (4.26%), Copper: 0.07mg (3.73%), Iron: 0.5mg (2.76%), Zinc: 0.37mg (2.49%)