



Spicy Brown Sugar Carrots

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 2 tablespoons butter
- ☐ 2 pounds carrots peeled
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup brown sugar light
- ☐ 2 tablespoons freshly parsley leaves chopped for garnish
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 8 servings salt and pepper black freshly ground

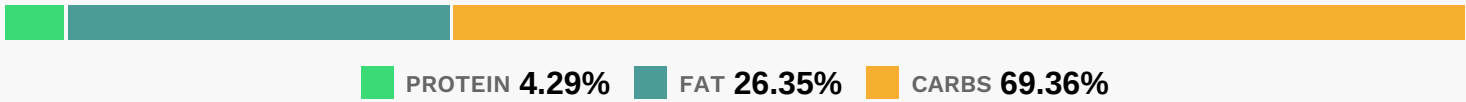
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over medium heat and add the carrots. Cook for 2 minutes, then drain in a colander and set aside.
- ☐ In a medium-size pot combine all the remaining ingredients, except the parsley, and bring to a simmer over low heat.
- ☐ Add the drained carrots and toss to combine. Simmer on low heat for 5 minutes to incorporate flavors.
- ☐ Transfer to a serving bowl, garnish with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:10.179999962125%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 102.32kcal (5.12%), Fat: 3.16g (4.86%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 15.4g (5.6%), Sugar: 12.78g (14.2%), Cholesterol: 7.53mg (2.51%), Sodium: 104.64mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin A: 19135.47IU (382.71%), Vitamin K: 31.88µg (30.36%), Fiber: 3.29g (13.15%), Potassium: 389.22mg (11.12%), Manganese: 0.21mg (10.36%), Vitamin C: 8.12mg

(9.84%), Vitamin B6: 0.16mg (8.19%), Folate: 23.3µg (5.83%), Vitamin B3: 1.15mg (5.77%), Vitamin E: 0.87mg (5.77%), Vitamin B1: 0.08mg (5.19%), Calcium: 47.44mg (4.74%), Phosphorus: 42.39mg (4.24%), Vitamin B2: 0.07mg (4.13%), Magnesium: 15.6mg (3.9%), Vitamin B5: 0.33mg (3.32%), Copper: 0.06mg (2.96%), Iron: 0.51mg (2.81%), Zinc: 0.3mg (1.98%)