



Spicy Glazed Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 2 cups carrots sliced
- 0.5 teaspoon cayenne pepper to taste
- 1 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg freshly grated
- 2 tablespoons vegetable oil

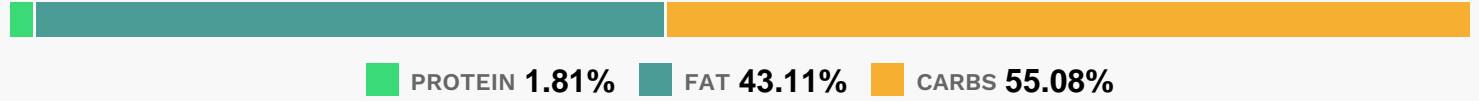
Equipment

- frying pan

Directions

- Heat vegetable oil in a skillet over medium heat. Cook and stir carrots with brown sugar, cinnamon, cayenne pepper, and nutmeg in the hot oil until carrots are glazed, coated with spices, and tender, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:8.2573913024819%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 140.96kcal (7.05%), Fat: 7.03g (10.81%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 18.06g (6.57%), Sugar: 16.43g (18.25%), Cholesterol: 0mg (0%), Sodium: 48.15mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin A: 10797.4IU (215.95%), Vitamin K: 21.31µg (20.3%), Manganese: 0.19mg (9.72%), Fiber: 2.14g (8.55%), Vitamin E: 1.06mg (7.1%), Potassium: 230.5mg (6.59%), Vitamin B6: 0.1mg (5.05%), Vitamin C: 3.99mg (4.83%), Calcium: 38.03mg (3.8%), Vitamin B3: 0.67mg (3.37%), Folate: 12.64µg (3.16%), Vitamin B1: 0.04mg (2.89%), Magnesium: 9.71mg (2.43%), Phosphorus: 24.14mg (2.41%), Vitamin B2: 0.04mg (2.33%), Iron: 0.35mg (1.97%), Vitamin B5: 0.19mg (1.95%), Copper: 0.04mg (1.93%), Zinc: 0.17mg (1.16%)