



Steamed Carrots with Garlic-Ginger Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby carrots with tops, peeled
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 0.3 teaspoon salt

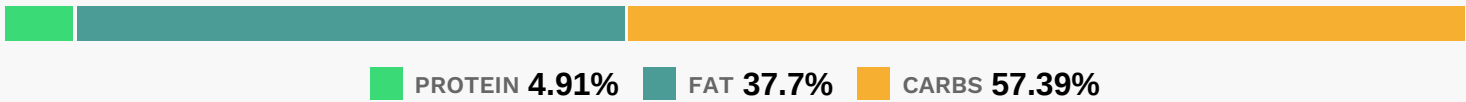
Equipment

☐ frying pan

Directions

- ☐ Prepare garlic; let stand 10 minutes.
- ☐ Steam carrots, covered, 10 minutes or until tender.
- ☐ Heat butter in large nonstick skillet over medium heat.
- ☐ Add garlic and ginger to pan; cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in carrots, cilantro, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:8.8021738882298%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 68.45kcal (3.42%), Fat: 3g (4.62%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 6.92g (2.52%), Sugar: 5.49g (6.1%), Cholesterol: 7.53mg (2.51%), Sodium: 256.74mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin A: 15733.94IU (314.68%), Fiber: 3.35g (13.42%), Vitamin K: 11.26µg (10.73%), Manganese: 0.2mg (9.95%), Potassium: 282.88mg (8.08%), Folate: 31.28µg (7.82%), Vitamin B6: 0.14mg (7.01%), Copper: 0.12mg (6.03%), Iron: 1.05mg (5.81%), Vitamin C: 4.67mg (5.66%), Vitamin B5: 0.47mg (4.74%), Calcium: 40.69mg (4.07%), Phosphorus: 35.67mg (3.57%), Vitamin B3: 0.65mg (3.27%), Magnesium: 12.34mg (3.09%), Vitamin B2: 0.04mg (2.62%), Vitamin B1: 0.04mg (2.56%), Selenium: 1.28µg (1.83%), Zinc: 0.22mg (1.46%)