



Sticky carrots with thyme & honey



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 1 kg carrots unpeeled halved
- ☐ 25 g butter
- ☐ 9 servings thyme sprigs
- ☐ 1 tbsp honey

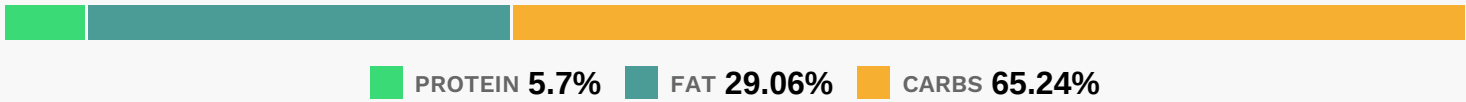
Equipment

- ☐ frying pan

Directions

- ☐ Tip the carrots into a deep frying pan with the butter, thyme and honey. Cook for 5 mins until starting to brown.
- ☐ Pour in 250ml water, bring to the boil and cook until the water has evaporated and the carrots are tender. Turn down the heat and cook the carrots slowly, stirring, until glazed.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:9.8604347952034%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 82.77kcal (4.14%), Fat: 2.85g (4.39%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 10.75g (3.91%), Sugar: 8.08g (8.98%), Cholesterol: 6.72mg (2.24%), Sodium: 106.55mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin A: 21014.04IU (420.28%), Vitamin K: 16.72µg (15.92%), Fiber: 3.66g (14.65%), Potassium: 408.97mg (11.68%), Vitamin C: 9.19mg (11.14%), Manganese: 0.2mg (10.01%), Vitamin B6: 0.18mg (8.86%), Vitamin B3: 1.25mg (6.27%), Folate: 24.4µg (6.1%), Vitamin E: 0.9mg (5.98%), Vitamin B1: 0.08mg (5.55%), Vitamin B2: 0.08mg (4.7%), Calcium: 46.71mg (4.67%), Phosphorus: 45.8mg (4.58%), Magnesium: 16.92mg (4.23%), Vitamin B5: 0.35mg (3.51%), Iron: 0.58mg (3.24%), Copper: 0.06mg (3.17%), Zinc: 0.33mg (2.19%)