



Sweet Maple Carrots



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

Ingredients

- 1.5 pounds carrots peeled cut into 1/2-inch-thick rounds
- 1 tablespoon brown sugar dark
- 2 tablespoons maple syrup pure
- 3 tablespoons butter unsalted
- 0.3 cup water

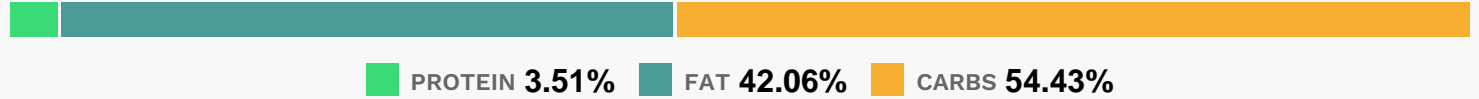
Equipment

- frying pan

Directions

- Bring all ingredients to boil in heavy large skillet. Reduce heat to medium; cover and simmer until carrots are crisp-tender, about 8 minutes. Uncover; cook until juices are reduced to glaze, about 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.89, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:9.8182608854512%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 122.28kcal (6.11%), Fat: 5.95g (9.15%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 14.15g (5.14%), Sugar: 11.31g (12.57%), Cholesterol: 15.05mg (5.02%), Sodium: 80.83mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin A: 19119.21IU (382.38%), Manganese: 0.32mg (15.85%), Vitamin K: 15.46µg (14.72%), Fiber: 3.18g (12.7%), Potassium: 382.21mg (10.92%), Vitamin B2: 0.15mg (8.99%), Vitamin C: 6.69mg (8.11%), Vitamin B6: 0.16mg (7.88%), Vitamin E: 0.91mg (6.07%), Vitamin B3: 1.13mg (5.63%), Folate: 21.78µg (5.44%), Vitamin B1: 0.08mg (5.31%), Calcium: 48.42mg (4.84%), Phosphorus: 41.45mg (4.14%), Magnesium: 15.46mg (3.86%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (2.76%), Zinc: 0.33mg (2.18%), Iron: 0.36mg (2.02%)