

Maple Glazed Carrots and Parsnips



Farm fresh Carrots and Parsnips poached in Vegetable Broth. Tossed with Maple Syrup and fresh herbs

\$2.50

Nutrition Facts

Serving Size 3g

Amount per serving

Calories 63 Calories from Fat 14 (0%)

% Daily Value *

Total Fat 1.6g 0%

Saturated Fat 0.1g 0%

Monosaturated Fat 0.87g

Polyunsaturated Fat 0.44g

Trans Fat 0.0g

Cholesterol 0.0g 0%

Sodium 193.0mg 8%

Potassium 316.0mg 9%

Total Carbohydrates 11.0g 3%

Dietary Fiber 1.5g 6%

Sugars 1.3g

Protein 1.4g 3%

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.