

Eat Smart • Move More

Glazed Carrots

Prep Time: 10 minutes

Total Time: 35 minutes



Ingredients

- 2 tablespoons olive oil
- 1 ½ pounds carrots, diced
- 1 cup water
- ¼ teaspoon ground black pepper
- 2 teaspoons sugar

Nutrition Facts

6 servings per container	
Serving size	1 serving
	(139.08g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	2%
Potassium 364mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

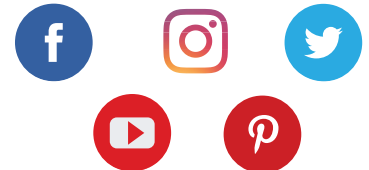
Quick Tips

- ▶ Carrots are a healthy, low-cost vegetable to keep on hand.
- ▶ Full-sized carrots cost less than baby carrots.
- ▶ This glazing technique works for other root vegetables, like sweet potatoes or parsnips.

Directions

- Heat the oil in a saucepan on low heat. Add carrots to pan and stir to coat them.
- Add the water and pepper to the pan. Cover and simmer until tender, about 10-15 minutes.
- Drain remaining water from pan.
- Add sugar, stir, and cover. Cook for 1 more minute, until the carrots are glazed but not brown.

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(Recipe from Pennsylvania Nutrition Education Network Website Recipes, as listed at: <https://www.whatscooking.fns.usda.gov>)

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