

Glazed Carrots

Prep Time: 10 Minutes

Total Time: 35 Minutes



Ingredients

- 1 1/2 tablespoons olive oil
- 1 1/2 pounds carrot(s), sliced
- 1 cup water
- 1/4 cup brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/2 teaspoon salt

Nutrition Facts

6 servings per container

Serving size (164g)

Amount per serving

Calories **110**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.4mg	2%
Potassium 370mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food 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

- Wash hands.
- 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.
- **To prepare in a slow cooker**, place carrots in a slow cooker. In a small bowl, whisk together oil, brown sugar, cinnamon, nutmeg, and salt. Do not use water for slow cooker preparation. Pour mixture over carrots and toss to coat. Cook on high for three hours or on low for 6 hours or until carrots are tender.

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

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This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).



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