

# 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 pepper
- 2 teaspoons sugar

### Nutrition Facts

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

\*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.

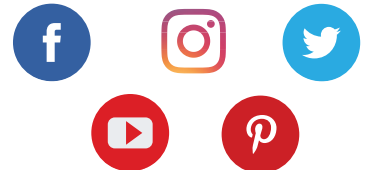
### Quick Tips

- ▶ 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 pan. Cover and simmer until tender, about 10-15 minutes.
- Drain remaining water from pan.
- Add sugar, stir, and cover the pan. 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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