

Easy Baked Carrots

Makes: 4 Servings

Try this crunchy salad! Carrots can be eaten as a side dish, on their own, or cooked with other vegetables.

Ingredients

2 tablespoons sugar

1 teaspoon nutmeg (if you like)

1/4 teaspoon salt

1/2 cup water

4 cups carrots (sliced)

4 tablespoons margarine (cut into 8 to 10 pieces)

Directions

1. Preheat oven to 350 degrees F.
2. In a baking dish or large oven-safe bowl, mix sugar, salt, and water. If using nutmeg, add that too.
3. Add carrots, stir and place pieces of margarine on top.
4. Bake for 10 minutes, stirring after 5 minutes.

Source: Recipe adapted from Carrotrecipes.net.

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	N/A
Sodium	220 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	29 mg
Iron	N/A
Potassium	N/A

N/A - data is not available