



4 Servings

cinnamon spiced carrots

Ingredients

carrots	12 medium
unsalted butter	1 Tbsp
brown sugar	2 tsp
drinking water	1/4 Cup(s)
lemon juice	1 tsp
sea salt	1/8 teaspoon(s)
ground cinnamon	1/4 tsp
cayenne pepper	1/8 tsp

Nutrition Totals

Calories 430 / **Carbs** 77 g / **Protein** 7 g / **Fat** 13 g / **Fluid** 713 g

Instructions

Cut the carrots into round slices, about ½ inch thick. In a medium skillet, melt butter and saute carrots. Cook until slightly softened, stirring occasionally. Add in brown sugar and stir until dissolved. Add in remaining ingredients and simmer until carrots are tender and sauce is reduced by half.



Nutrition Label

Cinnamon Spiced Carrots

Amount Per Serving

Calories 107

% Daily Value*

Total Fat 3.3g **5%**

Saturated Fat 1.9g **10%**

Trans Fat 0.1g

Cholesterol 7.6mg **3%**

Sodium 185.6mg **8%**

Total Carbohydrates 19.3g **6%**

Dietary Fiber 5.2g **21%**

Total Sugar 10.2g

Protein 1.7g

Vitamin D 2.1IU **0%**

Calcium 64mg **6%**

Iron 0.5mg **3%**

Potassium 590.5mg

* The % Daily Value (DV) 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.