



## Honey Glazed Carrots

Prep time: 5 minutes

Cook time: 20 minutes

Makes 4 servings

Why we like them: sweet & savory

### Ingredients:

- 2lbs of peeled carrots
- ¼ cup honey
- 3 garlic minced garlic cloves
- 2 tablespoons melted butter
- 1 tablespoon olive oil
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon pepper
- Parsley, thyme or other herbs for garnish



### Instructions:

1. Preheat your oven to 425F/220C. Then, cut the carrots on a diagonal, about 1"-1.5" in length. If your carrots are large and thick, you can slice them in half as well.
2. In a mixing bowl, toss the sliced carrots with the honey, garlic, butter, oil, and spices.
3. Pour the carrots and glaze onto a sheet pan and spread them out.
4. Roast for 20-25 minutes, tossing halfway through. You can also broil for 2-3 minutes, to get caramelization on the edges.
5. Transfer carrots to a serving dish and garnish with chopped herbs.

### Nutrition Information:

**CALORIES:** 244kcal, **CARBOHYDRATES:** 41g, **PROTEIN:** 2g, **FAT:** 10g, **SATURATED**

**FAT:** 4g, **CHOLESTEROL:** 15mg, **SODIUM:** 499mg, **POTASSIUM:** 746mg, **FIBER:** 7g, **SUGAR:** 28g, **VITAMIN A:** 38064iu, **VITAMIN C:** 14mg, **CALCIUM:** 84mg, **IRON:** 1mg

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