



Sweet and Savory Roasted Carrots

This is a quick, but impressive carrot dish that packs a lot of flavor.

U.S.

2 Tbsp	Olive Oil
1 lb	Carrots, cut into 1/4 inch circles
1 Tbsp	Honey
1 clove	Garlic, minced
1/4 tsp	Salt, Kosher
1/2 tsp	Black Pepper, ground
1/4 cup	Rosemary, fresh, chopped

Metric

30 mL
453 g
21 g
1 clove
1.5 g
1.2 g
14 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 450°F (232°C) and line a baking tray with parchment paper.
3. Combine all ingredients in a medium bowl.
4. Arrange the carrots in a single layer on the tray and bake for 13 minutes, rotating halfway through.
5. Once desired color and texture has been achieved, remove tray from the oven and serve.

Nutrition Facts

Serving size	1/2 cup
Servings	4
Calories	130
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	200 mg
Carbohydrates	16 g
Dietary Fiber	4 g
Sugars	10 g
Protein	1 g
Vitamin A	380 %
Calcium	4 %
Vitamin C	10 %
Iron	4 %
Phosphorus	43 mg
