



## Sweet and Savory Roasted Carrots

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

### U.S.

2 Tbsp  
1 lb  
1 Tbsp  
1 clove  
1/4 tsp  
To taste  
2 Tbsp

Olive Oil  
Carrots, peeled and cut into 1/4 inch thick circles  
Honey  
Garlic, minced  
Salt, Kosher  
Black Pepper, ground  
Rosemary, fresh, minced

### Metric

30 mL  
453 g  
21 g  
1 clove  
1.5 g  
To taste  
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 20-25 minutes, rotating halfway through.
5. The carrots are done when they are brown around the edges and no longer crunchy in the middle.

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## Nutrition Facts

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4 Servings

**Serving size** 1/2 cup

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**Amount per serving**

**Calories** 120

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<b>Total Fat</b>	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	200 mg
<b>Total Carbohydrate</b>	16 g
Dietary Fiber	3 g
Total Sugars	10 g
Includes 4g Added Sugars	
<b>Protein</b>	1 g
Vitamin D	0 %
Calcium	3 %
Iron	3 %
Potassium	400 mg
Phosphorus	40 mg

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