

Carrots



About Carrots

- Carrots are not only orange, but can be purple, black, red, white and yellow.
- Carrots are an excellent sources of beta-carotene, which is important for eyesight, skin, teeth, and bone growth.
- There are a variety of ways carrots can be prepared; stir fried, boiled, mashed, steamed, grated, baked and more.

Selecting and Storing

- Carrots last best when they are stored whole, unpeeled, in a plastic bag in the fridge drawer.



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Glazed Carrots

Makes: 6 servings (1/2 cup)

Ingredients

- 2 tablespoons margarine
- 1 1/2 lbs carrots
- 1 cup water
- 1/4 teaspoon pepper
- 2 teaspoons sugar

Instructions

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

Nutrition Facts

servings per container	
Serving size	(120g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 364mg	8%

*The % Daily Value 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.

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Analyzed using EHSA Food Processor; version 11.4

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