

# Ginger-Glazed Carrots

*Southern Living - 1987 Annual Recipes*

## Servings: 12

3 pounds carrots, scraped and sliced  
 3/4 cup onion, minced  
 1 teaspoon ground ginger  
 1/4 cup butter or margarine, melted  
 1/4 cup firmly packed brown sugar  
 1/4 cup honey  
 1/4 cup frozen orange juice  
 concentrate, thawed and undiluted  
 1/4 cup orange-flavored liqueur  
 1 to 2 teaspoons minced fresh thyme  
 OR 1/4 to 1/2 teaspoon dried whole  
 thyme  
 fresh thyme sprig (optional)

Place the carrots in a vegetable steamer over boiling water. Cover and steam 8 to 10 minutes or until crisp-tender. Spoon into a serving dish. Set aside.

In a heavy saucepan, saute' the onion and ginger in butter until the onion is tender.

Add the brown sugar, honey, orange juice concentrate, orange liqueur and thyme. Cook until the mixture is thickened and bubbly.

Pour the ginger mixture over the carrots, tossing gently to coat.

Garnish with fresh thyme sprig, if desired.

Per Serving (excluding unknown items): 130 Calories; 4g Fat (26.6% calories from fat); 1g Protein; 24g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 77mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	130	Vitamin B6 (mg):	.2mg
% Calories from Fat:	26.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	69.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	26mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	0.00%

Carbohydrate (g):	24g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	77mg
Potassium (mg):	405mg
Calcium (mg):	37mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	28576IU
Vitamin A (r.e.):	2878RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

<b>Calories</b>	130	Calories from Fat: 35
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### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	2g	12%
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	77mg	3%
<b>Total Carbohydrates</b>	24g	8%
Dietary Fiber	3g	13%
<b>Protein</b>	1g	

<b>Vitamin A</b>	572%
<b>Vitamin C</b>	32%
<b>Calcium</b>	4%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.