

Honey-Glazed Carrots

All-Time Favorites Cookbook Volume 3 (2008)

Better Homes and Gardens Magazine

Servings: 12

6 cups water

3 pounds peeled baby carrots

2 tablespoons butter

3 to 4 tablespoons honey

1 teaspoon lemon peel, finely shredded

1/2 teaspoon crushed red pepper

1/2 teaspoon salt

crushed red pepper (optional)

finely shredded lemon peel (optional)

In a large skillet, bring the water to boiling. Add the carrots. Return to boiling and reduce the heat. Simmer, covered, for 8 to 10 minutes or until the carrots are just tender. Drain the carrots. Pat dry with paper towels.

To glaze the carrots: In the same skillet, combine the butter, honey, one teaspoon of lemon peel, crushed red pepper and salt. Cook and stir constantly over medium heat until the butter is melted and the mixture bubbles. Carefully add the carrots. Toss gently for 2 to 3 minutes or until the carrots are thoroughly coated with glaze and heated through completely.

To serve: Transfer the carrots to a shallow bowl or serving platter. Drizzle with the remaining glaze from the pan. Sprinkle the carrots with additional crushed red pepper and lemon peel.

For make ahead: Cook the carrots, then cool, cover, and chill up to one day ahead. Bring the carrots to room temperature (takes about one hour) when ready to glaze. Heat the carrots in the glaze for 4 to 5 minutes.

Per Serving (excluding unknown items): 275 Calories; 2g Fat (5.8% calories from fat); trace Protein; 70g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 115mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 4 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	275	Vitamin B6 (mg):	trace
% Calories from Fat:	5.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	93.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
		Folacin (mcg):	2mcg

Total Fat (g): 2g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 5mg
Carbohydrate (g): 70g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 115mg
Potassium (mg): 45mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 77IU
Vitamin A (r.e.): 18 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 4 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 275 **Calories from Fat:** 16

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	115mg	5%
Total Carbohydrates	70g	23%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		2%
Vitamin C		1%
Calcium		1%
Iron		2%

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