

Roasted Carrots with Chestnuts and Golden Raisins

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Servings: 8

2 pounds carrots (about 1/2- to 3/4-inch thick), peeled and the tops trimmed
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup peeled and roasted chestnuts, roughly chopped
1/2 cup golden raisins
1 tablespoon honey

Preparation Time: 10 minutes

Roast: 30 minutes

Preheat the oven to 400 degrees.

On a rimmed baking sheet, toss the carrots with the olive oil, 1/4 teaspoon of the salt and the pepper.

Roast for 15 minutes. Stir in the chestnuts, raisins and honey. Roast for another 10 to 15 minutes, until fork tender.

Gently toss the carrots with the remaining 1/4 teaspoon of salt.

Per Serving (excluding unknown items): 69 Calories; 3g Fat (41.7% calories from fat); trace Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	69	Vitamin B6 (mg):	trace
% Calories from Fat:	41.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	135mg
Potassium (mg):	79mg
Calcium (mg):	7mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	5IU
Vitamin A (r.e.):	1/2RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 69 **Calories from Fat:** 29

% Daily Values*

Total Fat 3g	5%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrates 10g	3%
Dietary Fiber trace	2%
Protein trace	
Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	1%

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