

Saute'd Carrots

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Servings: 6

3 tablespoons olive oil
2 pounds carrots, cut diagonally into
1/2-inch slices
1 teaspoon sugar
1 teaspoon dried oregano
1/2 teaspoon coarse salt
freshly ground black pepper
1 clove garlic, minced
1 tablespoon balsamic vinegar

In a medium saute' pan over medium-low heat, heat the olive oil. Add the carrots, sugar and oregano. Sprinkle with salt and pepper. Cook, covered, for 5 minutes, stirring occasionally.

Add the garlic. Cook, stirring frequently, until the carrots are tender and slightly browned, 7 to 8 minutes.

Remove from the heat.

Stir in the vinegar.

Per Serving (excluding unknown items): 122 Calories; 7g Fat (49.2% calories from fat); 1g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 204mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	122
% Calories from Fat:	49.2%
% Calories from Carbohydrates:	46.3%
% Calories from Protein:	4.5%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	4g
	1g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	20mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
	0
	1

Protein (g):
Sodium (mg): 204mg
Potassium (mg): 444mg
Calcium (mg): 42mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 37903IU
Vitamin A (r.e.): 3789RE

Lean Meat:
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 122 Calories from Fat: 60

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	204mg	8%
Total Carbohydrates	15g	5%
Dietary Fiber	4g	17%
Protein	1g	

Vitamin A	758%
Vitamin C	21%
Calcium	4%
Iron	5%

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