

# Sunshine Carrots

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 12

3 Pounds Carrots

1 Cup Peach preserves

2 Tablespoons Butter or margarine,  
Melted

Preheat the oven to 350 degrees.

Pare, slice and cook the carrots. Drain. Place in a large skillet.

In a bowl, combine the preserves and melted butter. Spoon evenly over the carrots.

Cook gently for 15 minutes or until heated through. (Carrots may be baked at 350 degrees in the oven for 15 minutes).

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Per Serving (excluding unknown items): 125 Calories; 2g Fat (14.4% calories from fat); 1g Protein; 27g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 66mg Sodium. Exchanges: 2 Vegetable; 1/2 Fat; 1 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	125
% Calories from Fat:	14.4%
% Calories from Carbohydrates:	81.8%
% Calories from Protein:	3.7%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	5mg
Carbohydrate (g):	27g
Dietary Fiber (g):	3g
Protein (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	23mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 66mg  
**Potassium (mg):** 347mg  
**Calcium (mg):** 33mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 28490IU  
**Vitamin A (r.e.):** 2858 1/2RE

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 125 Calories from Fat: 18

### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	1g	6%
<b>Cholesterol</b>	5mg	2%
<b>Sodium</b>	66mg	3%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	3g	13%
<b>Protein</b>	1g	

<b>Vitamin A</b>	570%
<b>Vitamin C</b>	20%
<b>Calcium</b>	3%
<b>Iron</b>	3%

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