

# Sweet Roasted Baby Carrots

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

2 pounds baby carrots  
2 tablespoons extra-virgin olive oil  
3/4 teaspoon salt

Preheat the oven to 450 degrees.

In a resealable bag, toss the carrots, olive oil and salt until well coated.

Place in a single layer in a baking dish.

Roast for approximately 20 minutes, stirring once.

Carrots are ready when they are slightly browned and tender.

Per Serving (excluding unknown items): 345 Calories; 5g Fat (11.2% calories from fat); 7g Protein; 74g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 1917mg Sodium. Exchanges: 14 1/2 Vegetable.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	345
% Calories from Fat:	11.2%
% Calories from Carbohydrates:	80.8%
% Calories from Protein:	8.0%
Total Fat (g):	5g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	74g
Dietary Fiber (g):	16g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	300mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 7g  
**Sodium (mg):** 1917mg  
**Potassium (mg):** 2533mg  
**Calcium (mg):** 219mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 76mg  
**Vitamin A (i.u.):** 136291IU  
**Vitamin A (r.e.):** 13629RE

**Lean Meat:** 0  
**Vegetable:** 14 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 345 Calories from Fat: 39

### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1917mg	80%
<b>Total Carbohydrates</b>	74g	25%
Dietary Fiber	16g	65%
<b>Protein</b>	7g	

<b>Vitamin A</b>	2726%
<b>Vitamin C</b>	127%
<b>Calcium</b>	22%
<b>Iron</b>	35%

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