

Thyme Roasted Carrots

*Deirdre Cox - Kansas City, KS
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Servings: 12

*3 pounds medium carrots, halved
lengthwise
2 tablespoons minced fresh thyme OR
2 teaspoons dried thyme
2 tablespoons canola oil
1 tablespoon honey
1 teaspoon salt*

Preheat the oven to 400 degrees.

Divide the carrots between two greased
15x10x1-inch baking pans.

In a bowl, mix the thyme, oil, honey and salt.
Brush over the carrots.

Roast for 20 to 25 minutes or until tender.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown
items): 25 Calories; 2g Fat (77.8%
calories from fat); trace Protein; 1g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 178mg Sodium.
Exchanges: 1/2 Fat; 0 Other
Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	25
% Calories from Fat:	77.8%
% Calories from Carbohydrates:	22.1%
% Calories from Protein:	0.1%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	178mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 1mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 25 Calories from Fat: 20

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	178mg	7%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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