

Tipsy Carrots

*Patsy Layer - Galveston, TX
Southern Living - 1987 Annual Recipes*

Servings: 4

*1 pound carrots, scraped and
diagonally sliced
1/2 cup rum
1/2 cup water
2 tablespoons butter or margarine
dash ground nutmeg
dash ground cinnamon*

In a saucepan, combine the carrots, rum and water. Bring to a boil.

Reduce the heat and simmer for 10 to 12 minutes or until the carrots are crisp-tender.

Add the butter, nutmeg or cinnamon. Toss gently until the butter melts.

Per Serving (excluding unknown items): 158 Calories; 6g Fat (54.0% calories from fat); 1g Protein; 10g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 95mg Sodium. Exchanges: 2 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	158
% Calories from Fat:	54.0%
% Calories from Carbohydrates:	41.5%
% Calories from Protein:	4.4%
Total Fat (g):	6g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	10g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	95mg
Potassium (mg):	329mg
Calcium (mg):	30mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	14mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	64
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 28631IU
Vitamin A (r.e.): 2894RE

Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 158 Calories from Fat: 86

% Daily Values*

Total Fat 6g 9%
Saturated Fat 4g 18%
Cholesterol 16mg 5%
Sodium 95mg 4%
Total Carbohydrates 10g 3%
Dietary Fiber 3g 12%
Protein 1g

Vitamin A 573%
Vitamin C 16%
Calcium 3%
Iron 3%

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