

Honey Roasted Baby Carrots

Prep Time: 5 Min Cook Time: 30 Min Total Time: 35 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2/3 cup (89g)

Amount Per Serving

Calories 46 Calories from Fat 31

% Daily Value *

Total Fat 4g	5%
Saturated Fat 1g	2%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 295mg	13%
Total Carbohydrate 4g	2%
Dietary Fiber 0g	0%
Sugars 4g	

Protein 0g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 3 cup baby carrots (about 1 lb)
- 1 tbsp olive oil
- 1/2 tsp kosher salt
- 1/4 tsp fresh ground black pepper
- 1 tbsp honey

Directions

- 1 Preheat the oven to 425 degrees.
- 2 Place carrots into a large bowl and generously coat with olive oil, salt, and fresh ground pepper. These are delicious with herbs as well if you want to add dried thyme, rosemary, or Italian seasoning.
- 3 Arrange carrots on a rimmed baking sheet (covered with parchment for easier clean-up) and roast for 20-25 minutes. Shake carrots around about halfway through so they roast and get crispy on all sides.
- 4 Return carrots to bowl and add the honey. Stir to coat well. Taste to see if they need any additional salt and pepper.

Notes

