

Classic Glazed Carrots

submitted by pedro_tex



Per serving: 112 Calories • 14.7g Carbs (3g Fiber) • 6.1g Fat • 1.2g Protein

Ingredients

Ingredients scaled to: 4 serving

1/3 cup **Chicken broth** (80 grams)

2 tbsp **Butter** (28.4 grams)

7 medium **Carrots** (427 grams)

1 tbsp **Honey** (21 grams)

1 tsp **Salt** (6 grams)

1/4 tsp **Pepper** (0.53 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Peel carrots.
2. Slice the carrots into 1/8 to 1/4-inch disks or diagonally. Try to cut the pieces so they are about the same size as each other, so they cook evenly.
3. Melt the butter in a saute pan over medium-high heat, then add the carrots. Toss to combine and reduce the heat to medium. Sprinkle the salt over carrots and toss again. Saute for 3-4 minutes, then add the honey and pepper (if using) and toss to combine. Add the stock. Cover the pot and cook for another 3 minutes.
4. Uncover the pot and increase heat to medium-high. Toss the carrots once or twice to keep them moving, and cook away most of the liquid. Turn off the heat and serve.