



Caramelized Carrots

Favorite Healthy Choice Recipe of the Detroit Red Wings

INGREDIENTS:

As little as 4 whole ingredients

- 2 bunches of carrots
- Extra virgin olive oil
- 3 Tbsp honey or maple syrup
- 3 Tbsp Balsamic vinegar



DRW team favorites to add:

- Chopped parsley
- Celtic salt
- Cracked pepper
- Sumac

DIRECTIONS:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice the carrots on an angle to like sized pieces and place on lined baking sheet.
3. Coat with olive oil, honey and balsamic vinegar.
4. Roast uncovered in the oven until golden brown.
5. Garnish with parsley and/or other team favorite ingredients.

NUTRITION FACTS: Serves 12 | Calories 72

% Daily Value * | Total Fat 1.2g (2%), Saturated Fat 0.2% (1%) | Cholesterol 0mg (0%) | Sodium 96mg (4%) | Total Carbohydrate 14.9g (5%), Dietary Fiber 3g (11%), Total Sugars 8.9g | Protein 1g | Vitamin D 0mcg (0%) | Calcium 41mg (3%) | Iron 0mg (2%) | Potassium 396mg (8%)

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



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