Ginger Glazed Carrots

Ingredients:

3 cups sliced carrots (6 medium), cut into 1/4 inch slices
1/2 cup water
1/2 cup cider or apple juice
2 teaspoon margarine
1 teaspoon ground ginger
1 Tablespoon lemon juice
2 teaspoon packed brown sugar

Directions:

1. Cook all ingredients except lemon juice and brown sugar over medium heat 12-15 minutes, stirring occasionally until liquid has evaporated.
2. Reduced heat to medium-low. Stir in lemon juice and brown sugar.
3. Cook 5 minutes, stirring occasionally, until carrots are glazed.

Yields about 6 servings

Source: Recipe from Broome County CCE

Nutrition Facts

Serving Size 1/6 recipe (107g)
Servings Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 50</th>
<th>Calories from Fat 15% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 1.5g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
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<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 55mg</td>
<td>2%</td>
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</tr>
<tr>
<td>Total Carbohydrate 10g</td>
<td>3%</td>
<td></td>
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<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
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<tr>
<td>Sugars 6g</td>
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</tbody>
</table>

Protein 1g

Vitamin A 2000% • Vitamin C 8%
Calcium 2% • Iron 2%

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

Calories: 2,000 • 2,500

Fat 8 • Carbohydrate 4 • Protein 4

30% calories from fat

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