



A Nutrition Resource



LEMON ROASTED CARROTS

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.25

Ingredients:

6 1/2 cups sliced carrots

2 1/2 tbsp vegetable oil

2 1/2 tbsp lemon juice

1/2 tsp salt

1/4 tsp black pepper

Directions:

1. Toss frozen carrots with oil, lemon juice, salt, and pepper.
2. Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.
3. Serve immediately.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (0.0g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **13%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 0.4mg **2%**

Potassium 450mg **10%**

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

Recipe adapted from Project Bread and MT Harvest of the Month

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