



Carrots L'Orange

Ingredients

3 cups thinly sliced carrots
 1/4 teaspoon ground ginger
 1/4 teaspoon nutmeg
 dash of salt
 dash of pepper
 1/4 cup orange juice
 2 teaspoons butter
 1 Tablespoon freshly chopped parsley

Makes 6 servings

Instructions

1. Place sliced carrots in a microwaveable 1½ quart casserole dish. Add ginger, nutmeg, salt and pepper to carrots.
2. Pour orange juice over the top. Dot with butter, cover with plastic wrap, vent.
3. Microwave for 5 minutes on high, stir, and microwave 5 minutes more.
4. Garnish with parsley.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 40 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 100mg **4%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 210% • Vitamin C 15%

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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

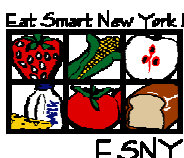
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

34% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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