



Ingredients

carrots	12 medium
unsalted butter	1 Tbsp
brown sugar	2 tsp
drinking water	1/4 Cup(s)
lemon juice	1 tsp
sea salt	1/8 teaspoon(s)
ground cinnamon	1/4 tsp
cayenne pepper	1/8 tsp

Nutrition Totals

Calories 430 / Carbs 77 g / Protein 7 g / Fat 13 g / Fluid 713 g

Instructions

Cut the carrots into round slices, about $\frac{1}{2}$ inch thick. In a medium skillet, melt butter and saute carrots. Cook until slightly softened, stirring occasionally. Add in brown sugar and stir until dissolved. Add in remaining ingredients and simmer until carrots are tender and sauce is reduced by half.

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Nutrition Label

107
107
y Value*
5%
10%
3%
8%
6%
21%
0%
6%
3%

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