



## 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.

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.



## **Nutrition Label**

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

Powered by Evolution Nutrition. Copyright © 2020. All Rights Reserved.

The contents of the Evolution Nutrition services, such as text, graphics, images, information, charts, obtained from Evolution Nutrition's licensors, including information, advice and coaching received either in written or oral format, and other material contained in the Evolution Nutrition services ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from the Evolution Nutrition services.