



Honey-glazed carrots

5'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Preheat the oven to 220°C (430° F) set to fan, and lightly grease a [baking pan](#).
- In a [bowl](#), mix all of the ingredients and spread them in the baking pan, in a single layer.
- Bake for 15 minutes or until the carrots caramelize.
- Serve.

Ingredients

- 1 tablespoon(s) olive oil, to grease the pan
- 50 g butter, at room temperature
- 200 g carrots, baby
- 2 tablespoon(s) honey
- 2 tablespoon(s) brown sugar
- 2 teaspoon(s) dill, finely chopped
- 2 teaspoon(s) thyme, only the leaves

Διατροφικός πίνακας

Nutrition information per portion

155 Calories (kcal)	6.4 Total Fat (g)	3.7 Saturated Fat (g)	23.0 Total Carbs (g)
8%	9%	19%	9%
21.0 Sugars (g)	0.5 Protein (g)	2.6 Fibre (g)	0.05 Sodium (g)
23%	1%	10%	1%