

Maple Dijon Carrots

Makes 6 servings

Prep Time: 15 minutes

Cooking Time: 60 minutes

Ingredients:

1 lb carrots, cut into bite-size pieces

2 T Dijon mustard

¼ c maple syrup

¼ red wine

¼ t black pepper

½ c orange flavored cranberries

Directions:

1. Preheat oven at 425°F (220°C)
2. Combine all ingredients in a small baking dish.
3. Roast for 1 hour, stirring once or twice.

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Nutrition Facts

Servings 6.0

Amount Per Serving

calories 109

% Daily Value *

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 175 mg 7 %

Potassium 283 mg 8 %

Total Carbohydrate 24 g 8 %

Dietary Fiber 3 g 10 %

Sugars 17 g

Protein 1 g 1 %

Vitamin A 253 %

Vitamin C 7 %

Calcium 4 %

Iron 2 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.