

# Glazed Carrots



Simple dish with tender carrots with a buttery glaze and a mild sweetness.

**Prep:** 10 mins

**Cook:** 15 mins

**Total:** 25 mins

**Servings:** 8

**Yield:** 8 servings



## Ingredients

2 pounds carrots, peeled and cut into sticks

¼ cup butter

¼ cup packed brown sugar

¼ teaspoon salt

⅛ teaspoon ground white pepper

## Directions

### Step 1

Place carrots into a large saucepan, pour in enough water to reach depth of 1 inch, and bring to a boil. Reduce heat to low, cover, and simmer carrots until tender, 8 to 10 minutes. Drain and transfer to a bowl.

### Step 2

Melt butter in the same saucepan; stir brown sugar, salt, and white pepper into butter until brown sugar and salt have dissolved. Transfer carrots into brown sugar sauce; cook and stir until carrots are glazed with sauce, about 5 more minutes.

## Nutrition Facts

### Per Serving:

124 calories; protein 1.1g; carbohydrates 17.6g; fat 6g; cholesterol 15.3mg; sodium 193.8mg.