

# Oven Baked Honey Carrot Fries



## Ingredients:

- 8 large carrots
- 1 tbsp olive oil
- 1 tbsp honey
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper

## Instructions:

- Preheat oven to 425 F degrees
- Wash the carrots, and also cut the ends off. Cut the carrots in half then slice each half in the middle (the long way). From each half you can get 3-4 carrot fries. When done slicing all the carrots, place them on a large baking sheet

- Drizzle the honey and olive oil over the carrots and then sprinkle the remaining ingredients over them. Then, with your hands, toss the carrots to coat evenly.
- Spread carrots in a single layer leaving enough space between them to bake properly. If the baking sheet is too crowded use a second baking sheet but it is important that there is some space between the carrots otherwise they won't crisp up.
- Bake for 20 minutes, turning them about half way through.
- When the carrots are done, serve with honey mustard or your favorite dipping sauce.

#### **Nutrition Facts**

Servings 4.0

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Amount Per Serving

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calories 98

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% Daily Value \*

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Total Fat 4 g	6 %
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Saturated Fat 1 g	3 %
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Monounsaturated Fat 3 g	
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Polyunsaturated Fat 1 g	
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Trans Fat 0 g	
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Cholesterol 0 mg	0 %
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Sodium 158 mg	7 %
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Potassium 401 mg	11 %
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Total Carbohydrate 17g	6 %
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Dietary Fiber 4 g	14 %
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Sugars 10 g	
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Protein 1 g	3 %
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Vitamin A	1019 %
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Vitamin C	7 %
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Calcium	41 %
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Iron	0 %
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