

Carrot Fries

Ingredients:

- 2 lbs carrots
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 425°F.
2. Peel and slice carrots into french fry shaped pieces. Toss carrots with olive oil, salt, and pepper. Arrange carrots in a single layer on baking sheet.
3. Bake for 10 minutes then flip each carrot fry. Continue to bake until fully cooked and slightly crispy, about 10 more minutes. Serve immediately.

Nutrition Facts

Serving Size (78g)
Servings Per Container 12

Amount Per Serving

Calories 50 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 1g

Vitamin A 260% • Vitamin C 10%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

