



Ginger Candied Carrots



Ginger candied carrots have a nice balance of lemons and ginger in every bite. It's the perfect side dish for holidays or everyday dinners.

Course	Side Dishes
Cuisine	American

Prep Time	5 minutes
Cook Time	20 minutes
Total Time	25 minutes
Servings	4 servings
Calories	131.7kcal
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Ingredients

- 1 pound carrots peeled and cut into equal sizes
- 2 ½ cups water
- 3 tablespoons brown sugar
- 2 tablespoons butter
- 1 teaspoon lemon juice
- 1 teaspoon grated fresh ginger
- ½ teaspoon lemon zest

Instructions

1. In a 4-quart saucepan, heat the water to boiling over medium-high heat. When the water is boiling, add the carrots.
2. Cover and simmer for about 10 minutes or until the carrots are tender.
3. Drain the water and return the carrots to the saucepan.
4. Add the butter, ginger, brown sugar, and lemon juice and cook on medium. Stir gently until the sugar is dissolved.
5. After about 5 minutes, add the lemon zest.
6. Season with black pepper and kosher salt, adding additional salt and pepper as needed.
7. Stir well and transfer to a serving dish.

Nutrition

Calories: 131.7kcal | Carbohydrates: 19.9g | Protein: 1.1g | Fat: 6g | Saturated Fat: 3.6g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 1.5g | Trans Fat: 0.2g | Cholesterol: 15.1mg | Sodium: 133.3mg | Potassium: 380.3mg | Fiber: 3.2g | Sugar: 14.2g | Vitamin A: 19.119IU | Vitamin C: 7.5mg | Calcium: 51.5mg | Iron: 0.4mg