

Carrots & Cranberries



Makes:

3 servings, approximately 8 ounces each

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Recipe:

Contributed By:

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Authorized Saladmaster Dealer

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4 carrots, sliced diagonally

2 tablespoons

fresh-squeezed orange juice

(30

mL)

½ cup

dried cranberries

(60

g)

Directions:

1. Place carrots, juice and cranberries in sauce pan. Cover and cook over medium heat.
2. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 10 minutes.

Nutritional Information per

▼ Serving

Calories: 387

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 78mg

Total 92g

Carbs:

Dietary Fiber: 9g

Sugar: 6g

Protein: 1g