

Carrots & Cranberries



Makes:

3 servings, approximately 8 ounces each

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Contributed By:

Jael Tanti

Authorized Saladmaster Dealer

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4

carrots, sliced diagonally

2

tablespoons

fresh-squeezed orange juice

(30

mL)

¹?₂

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 Carbs:

92g

Dietary Fiber:

9g

Sugar:

6g

Protein:

1g