



A Nutrition Resource

Honey Glazed Herbed Carrots

Pressure Cooker Recipe

Yield: 8 Servings

Ingredients:

- ½ cup water
- 1-pound carrots, cut to 2 inches x ½-inch thickness
- 1/4 cup honey
- 1 teaspoon dried dill
- 1 teaspoon dried thyme
- salt to taste
- 2 tablespoons butter

Directions:

- 1) Wash hands and clean surfaces.
- 2) Add water and carrots to the pressure cooker.
- 3) Lock on the lid and turn vent knob to seal position.
- 4) Cook for 3 minutes on high.
- 5) After cooking timer completes, manually (quick) release pressure.
- 6) Open lid carefully.
- 7) Drain excess water.
- 8) Add butter immediately and mix with carrots until melted.
- 9) Add honey, dill, thyme, and salt and stir gently to ensure carrots are well coated with honey mixture.
- 10) Serve hot, spooning remaining honey butter over the carrots.
- 11) Store in an airtight container in the fridge for 4-6 days.

Nutrition Facts

Amount per		
1 serving (3 oz)		86 g
Calories 78	From Fat	26
% Daily Value*		
Total Fat 3g		5%
Saturated Fat 1.8g		9%
Trans Fat 0.1g		
Cholesterol 8mg		3%
Sodium 56mg		2%
Total Carbohydrates 14g		5%
Dietary Fiber 2g		7%
Sugars 11g		
Protein 1g		1%
Vitamin A 195% • Vitamin C		4%
Calcium 2% • Iron		2%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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TIPS

- 1) Adding different flavors or textures to vegetables can be a great way to find a new favorite or expand your produce regulars.
- 2) Carrots are a great source of immune boosting vitamin C, fiber, and potassium, which helps maintain healthy blood pressure. Carrots are also rich in beta carotene, which the body converts to vitamin A, an important antioxidant for vision and immune health.
- 3) Interested in growing your own food, but uncertain where to start? Carrots grow well in colder weather climates like Montana. Taking part in the growing process can also improve your chances of trying and liking a vegetable at any age!

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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