



## Glaze-of-Glory Candied Carrots



1/7th of recipe (about 1 cup): 102 calories, 1.5g total fat (0.5g sat fat), 286mg sodium, 22g carbs, 3g fiber, 13g sugars, 1.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 15 minutes    **Cook:** 3 to 4 hours *or* 7 to 8 hours plus 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

- 1/4 cup low-sugar apricot preserves
- 2 tbsp. brown sugar (not packed)
- 1 1/2 tbsp. light whipped butter or light buttery spread
- 1 tsp. cinnamon
- 1/2 tsp. salt, or more to taste
- 1/4 tsp. ground nutmeg
- One 32-oz. bag (about 6 cups) baby carrots
- 1 onion, sliced
- 1 yellow bell pepper, stem removed, seeded, and sliced
- 1 red bell pepper, stem removed, seeded, and sliced
- 1 tbsp. cornstarch
- Optional seasonings: black pepper, cayenne pepper, ground ginger

### Directions

To make the glaze, in a small bowl, combine preserves, brown sugar, butter, cinnamon, salt, and nutmeg. Stir well.

Put all of the veggies in a slow cooker and top with the glaze.

Use a large spoon to stir the contents of the slow cooker up a bit. (Don't worry if the preserves mixture isn't evenly distributed.)

Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours.

Once the veggies are cooked, in another small bowl, combine cornstarch with 2 tbsp. cold water, and stir until the cornstarch has dissolved. Add to the slow cooker and mix well.

Turn off the pot and leave uncovered until sauce has thickened, about 15 minutes. Stir and enjoy!

**MAKES 7 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.