



Spiced Roasted Carrots



1/4th of recipe (about 1/2 cup): 71 calories, 3.5g total fat (0.5g sat fat), 384mg sodium, 10g carbs, 3.5g fiber, 5.5g sugars, 0.5g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes **Cook:** 30 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

1 lb. (about 3 cups) baby carrots
1 tbsp. olive oil

Seasonings:

1/2 tsp. chili powder
1/2 tsp. cinnamon
1/2 tsp. salt

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place carrots in a large bowl. Add oil and seasonings, and toss to coat.

Transfer to the baking sheet. Bake until browned and soft, about 30 minutes.

MAKES 4 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.