

K-12 Baby Carrots

Servings:	96.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baby Carrots GFS#510637

Nutrition Information

Calories	39.73	Protein	0.67g
Fat	0.13g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	9.33g	Fiber	2.00g
Sugar	5.33g	Sodium	88.40mg
Iron	1.01mg	Vitamin C	9.52mg
Vitamin A	15637.59IU	Calcium	36.29mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
384 Ounce	510637	CARROT BABY WHL CLEANED 12-2 RSS	Wash/Rinse Baby Carrots in colander.

Preparation Instructions

Place 1/2 Cup (6 pieces) Baby Carrots in a plastic bag and seal

Serving Size 1/2 cup per student