

# K-12 Baby Carrots

<b>Servings:</b>	1.00
<b>Serving Size:</b>	3.00 Cup
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service
Baby Carrots GFS#510637	

## Nutrition Information

<b>Calories</b>	59.60	<b>Protein</b>	1.00g
<b>Fat</b>	0.20g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	14.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g	<b>Sodium</b>	132.60mg
<b>Iron</b>	1.52mg	<b>Vitamin C</b>	14.28mg
<b>Vitamin A</b>	23456.38IU	<b>Calcium</b>	54.44mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
6 Ounce	510637	CARROT BABY WHL CLEANED 12-2 RSS	

## Preparation Instructions

Place 3/4 Cup (8 pieces) Baby Carrots in a plastic bag and seal

Serving Size 3/4 cup per student