

K-6 Baby Carrots

Servings:	1.00
Serving Size:	3.00 Cup
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Baby Carrots GFS#510637

Nutrition Information

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