

# Steamed Carrots

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Steamed Carrots

## Nutrition Information

<b>Calories</b>	44.78	<b>Protein</b>	0.00g
<b>Fat</b>	0.75g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	10.45g	<b>Fiber</b>	4.48g
<b>Sugar</b>	4.48g	<b>Sodium</b>	74.63mg
<b>Iron</b>	0.27mg	<b>Vitamin C</b>	3.58mg
<b>Vitamin A</b>	21641.79IU	<b>Calcium</b>	29.85mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Cup	285640	CARROT DCD 30 GFS	

## Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.