

Steamed Carrots

| | |
|-----------------------|------------------|
| Servings: | 150.00 |
| Serving Size: | 0.75 Cup |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | Same Day Service |

Steamed Carrots

Nutrition Information

| | | | |
|----------------------|--------|---------------------|---------|
| Calories | 54.00 | Protein | 0.00g |
| Fat | 2.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 48.00mg |
| Carbohydrates | 12.00g | Fiber | 4.00g |
| Sugar | 6.00g | Sodium | 86.00mg |
| Iron | 0.00mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-------------------|--------------------------|
| 150 Cup | 150390 | CARROT FZ 30 COMM | |

Preparation Instructions

Wash hands. Measure 5 pounds of carrots per half-size steam table pan. Cover and cook in steamer for 10-12 minutes until internal temperature reaches a minimum of 135 degrees for hot holding. One 30 pound box of frozen sliced carrots will serve 150 1/2 cup servings.