

USDA Foods Product Information Sheet

For Child Nutrition Programs



100309— Carrots, Sliced, Low-sodium, Canned

Category: **Vegetables**
Subgroup: **Red/Orange**



PRODUCT DESCRIPTION

This product is U.S. Grade A carrots that are sliced and canned in low-sodium packing medium. This item is available in cases containing six #10 cans.

CREDITING/YIELD

- One case yields about 112 ½-cup servings heated, drained carrots.
- CN Crediting: ½ cup cooked, drained carrots credits as ½ cup red/orange vegetable.

CULINARY TIPS AND RECIPES

- Carrots can be added to many foods such as soups and casseroles, or cooked with spices and served as a flavorful side dish.
- Offering carrots in a variety of forms can help schools meet the red/orange vegetable requirements in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (73g) carrots, canned, sliced, low sodium, drained

Amount Per Serving

Calories 18

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 4g

Dietary Fiber 1g

Sugars 2g

Protein 0g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.