

Cooked Carrots

Servings:	178.57	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21352
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD FZ	5 Gallon 2 Quart 1 2/7 Cup (89 2/7 Cup)		150390
MARGARINE SLD	1 Pint 1 4/7 Cup (3 4/7 Cup)	Cut up butter and place in with frozen carrots. After carrots get done cooking stir thoroughly so butter is melted and even throughout.	733061

Preparation Instructions

~~FROZEN CARROTS CAN BE COOKED WITHOUT THAWING. STOCK POT , ADD FROZEN CARROTS TO BOILING WATER. AFTER WATER BOILS AGAIN, REDUCE TEMPERATURE. COVER AND SIMMER FOR 10 TO 20 MIN. DRAIN.~~

STEAMER: PLACE FROZEN CARROTS IN A SINGLE LAYER IN A STEAMER PAN. STEAM UNCOVERED FOR 3 TO 5 MIN. DRAIN. DO NOT BOIL. COOK FROZEN VEGETABLES ONLY UNTIL TENDER BUT CRISP; THEY MAY CONTINUE TO COOK WHEN HELD ON A HOT STEAMTABLE OR IN A HOLDING CABINET.

SCHEDULE COOKING OF CARROTS SO THEY WILL BE SERVED SOON AFTER COOKING. CARROTS WILL BECOME OVERCOOKED IF HELD TOO LONG.

Hold at 135F.

Serve with 4 oz server.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 178.57

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	59.00
Fat	4.52g
SaturatedFat	1.44g
Trans Fat	0.00g
Cholesterol	24.00mg
Sodium	78.20mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	3.00g
Protein	0.00g
Vitamin A 240.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available