

Baby Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 1 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44301
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED	1/2 Cup	510637

Preparation Instructions

serve chilled

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: 1.00

Serving Size: 0.50 1 cup

Amount Per Serving	
Calories	44.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	80.00mg
Carbohydrates	10.68g
Fiber	3.56g
Sugar	5.36g
Protein	0.00g
Vitamin A 21400.00IU	Vitamin C 7.80mg
Calcium 37.36mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available