

# Glazed Carrots

<b>Servings:</b>	56.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-46899
<b>School:</b>	Highland Elementary		

## Ingredients

Description	Measurement	DistPart #
Carrots, Sliced, Low-Sodium, Canned	3 #10 CAN	IN100309
MARGARINE SLD	1/4 Pound	733061
SUGAR BROWN MED	1 Cup	108626

## Preparation Instructions

Put 3 cans of carrots in steam pan. Add 1/4 lb margarine and 1 cup brown sugar. Heat in combi or steamer 20-30 minutes.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 56.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	52.09		
<b>Fat</b>	1.57g		
<b>SaturatedFat</b>	0.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	209.71mg		
<b>Carbohydrates</b>	8.97g		
<b>Fiber</b>	1.39g		
<b>Sugar</b>	6.20g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	107.14IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available