

Carrots



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40414
School:	HSE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	2 1/2 Ounce		768146

Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

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: 1.00 Serving

Amount Per Serving	
Calories	23.44
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	54.69mg
Carbohydrates	6.25g
Fiber	1.56g
Sugar	3.13g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.50mg	Iron 0.63mg

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

Nutrition - Per 100g

No 100g Conversion Available