

Glazed Orange Carrots

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	8 Pound	USDA Brown Box Commodity or Use GFS#285750	100352
STARCH CORN	1/2 Cup		318012
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)	N/A	000001WTR
SUGAR BROWN MED	1 Pint	N/A	108626
JUICE ORNG 100 FZ	1 Each		135450
SPICE CINNAMON GRND	3 Teaspoon		224723
BUTTER ALT LIQ	1 1/2 Cup		130541

Preparation Instructions

1. Place carrots into 2 1/2" half steam table pans.
2. Mix water with cornstarch and set aside.
3. For Glaze: Combine orange juice, liquid butter alternative, brown sugar, and cinnamon.
4. Bring glaze mixture to a boil. Pour in cornstarch mixture. Allow to thicken and remove from heat.
5. Pour finished glaze mixture over the carrots in the pan. Bake

Conventional oven: 375°F for 20-30 minutes

Convection oven: 325°F for 15-20 minutes

CCP: Heat to 145° F or higher

CCP: Hold for hot service at 140°F or higher

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	161.07		
Fat	10.42g		
SaturatedFat	1.95g		
Trans Fat	0.00g		
Cholesterol	32.17mg		
Sodium	93.32mg		
Carbohydrates	20.29g		
Fiber	2.68g		
Sugar	14.73g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available