

SHREDDED CARROTS

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40975
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK SHRED	1/4 Cup		198161

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	12.50
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.50mg
Carbohydrates	3.00g
Fiber	1.00g
Sugar	1.50g
Protein	0.25g
Vitamin A 5350.05IU	Vitamin C 1.95mg
Calcium 10.50mg	Iron 0.09mg

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

Nutrition - Per 100g

No 100g Conversion Available