

# MATCHSTICK SHREDED CARROTS



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.50 Tablespoon	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43866
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK SHRED	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)		198161

## Preparation Instructions

No Preparation Instructions available.

## 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>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.50 Tablespoon

Amount Per Serving	
<b>Calories</b>	13.89
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	25.00mg
<b>Carbohydrates</b>	3.33g
<b>Fiber</b>	1.11g
<b>Sugar</b>	1.67g
<b>Protein</b>	0.28g
<b>Vitamin A</b> 5944.44IU	<b>Vitamin C</b> 2.17mg
<b>Calcium</b> 11.67mg	<b>Iron</b> 0.10mg

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

## Nutrition - Per 100g

No 100g Conversion Available