

# Cinnamon-Butter Carrots



|                      |            |                       |                  |
|----------------------|------------|-----------------------|------------------|
| <b>Servings:</b>     | 60.00      | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 4.00 Ounce | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | R-49543          |

## Ingredients

| Description                    | Measurement | Prep Instructions             | DistPart # |
|--------------------------------|-------------|-------------------------------|------------|
| CARROT SLCD C/C                | 20 Pound    |                               | 175706     |
| SUGAR BROWN LT                 | 2 Pound     |                               | 860311     |
| SUGAR BEET GRANUL XTRA FINE    | 1 Cup       |                               | 842061     |
| SPICE CINNAMON GRND            | 1 Cup       |                               | 224723     |
| MARGARINE BTR BLND EURO UNSLTD | 1 Pound     | READY_TO_EAT<br>Ready to use. | 834071     |

## Preparation Instructions

Cook carrots by your preferred method (steaming or roasting) until crisp-tender.

In a separate saucepan, heat the sugars, butter and cinnamon until butter is melted, stir to blend.

Drain carrots and place in baking dish.

Drizzle cinnamon butter glaze over carrots and bake at 325 for 15 minutes.

CCP: Hold at 135F or higher for hot service.

## 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: 60.00

Serving Size: 4.00 Ounce

| Amount Per Serving        |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 133.46                  |
| <b>Fat</b>                | 6.40g                   |
| <b>SaturatedFat</b>       | 2.67g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 44.78mg                 |
| <b>Carbohydrates</b>      | 20.37g                  |
| <b>Fiber</b>              | 1.99g                   |
| <b>Sugar</b>              | 17.38g                  |
| <b>Protein</b>            | 0.00g                   |
| <b>Vitamin A</b> 540.30IU | <b>Vitamin C</b> 1.99mg |
| <b>Calcium</b> 1.68mg     | <b>Iron</b> 0.00mg      |

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

## Nutrition - Per 100g

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 117.69                  |
| <b>Fat</b>                | 5.64g                   |
| <b>SaturatedFat</b>       | 2.35g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 0.00mg                  |
| <b>Sodium</b>             | 39.49mg                 |
| <b>Carbohydrates</b>      | 17.96g                  |
| <b>Fiber</b>              | 1.75g                   |
| <b>Sugar</b>              | 15.33g                  |
| <b>Protein</b>            | 0.00g                   |
| <b>Vitamin A</b> 476.46IU | <b>Vitamin C</b> 1.75mg |
| <b>Calcium</b> 1.48mg     | <b>Iron</b> 0.00mg      |

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