

# Roasted Carrots-Northwood High

<b>Servings:</b>	64.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19567

## Ingredients

Description	Measurement	DistPart #
CARROT SLCD C/C MED/LRG	2 Gallon	285680
OIL OLIVE XVRGN ITAL	1 Fluid Ounce	432050
SPICE BLND ORIG 3-21Z MDASH	1 Teaspoon	265103

## 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	26.14
<b>Fat</b>	0.44g
<b>SaturatedFat</b>	0.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	33.58mg
<b>Carbohydrates</b>	5.22g
<b>Fiber</b>	2.24g
<b>Sugar</b>	2.99g
<b>Protein</b>	0.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 29.85mg	<b>Iron</b> 0.27mg

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

### Nutrition - Per 100g

No 100g Conversion Available