

SHREDDED CARROTS



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