

MATCHSTICK SHREDDED CARROTS



Servings:	1.00	Category:	Vegetable
Serving Size:	2.50 Tablespoon	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43866
School:	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

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: 2.50 Tablespoon

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

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

Nutrition - Per 100g

No 100g Conversion Available