

Glazed Carrots



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15828
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD MED	1 #10 CAN	Drain carrots	118915
SUGAR BROWN LT	1 Cup		860311
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients in pan steam for 8-10 mins or until 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.540
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		70.67	
Fat		0.92g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		269.44mg	
Carbohydrates		14.47g	
Fiber		1.08g	
Sugar		10.16g	
Protein		0.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.13mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available