

# Baby Carrots



|               |                          |                |           |
|---------------|--------------------------|----------------|-----------|
| Servings:     | 1.00                     | Category:      | Vegetable |
| Serving Size: | 0.50 Cup                 | HACCP Process: | No Cook   |
| Meal Type:    | Lunch                    | Recipe ID:     | R-45080   |
| School:       | Walton-Verona Elementary |                |           |

## Ingredients

| Description         | Measurement | Prep Instructions                      | DistPart # |
|---------------------|-------------|----------------------------------------|------------|
| CARROT BABY WHL MED | 1/2 Cup     | Put in 4oz boats for service.<br>Chill | 273902     |

## Preparation Instructions

Cold service 41F or below (Weight of 1/2cup=2.48oz

## 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>   | 0.750 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 30.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat*</b>    | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 45.00mg |                  |        |
| <b>Carbohydrates</b> | 7.00g   |                  |        |
| <b>Fiber</b>         | 2.00g   |                  |        |
| <b>Sugar</b>         | 4.00g   |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg  | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available