

Seasoned Cooked Carrots

Servings:	32.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53003
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	16 Cup	USDA Brown Box Commodity	100352
SEASONING NO SALT ORIG	2 Tablespoon		844071

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	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		27.00	
Fat		1.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		24.00mg	
Sodium		43.00mg	
Carbohydrates		6.00g	
Fiber		2.00g	
Sugar		3.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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