

Seasoned Steamed Carrots

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52992
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C LRG	50 Cup	Approximate 18 lbs	285680
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: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		22.39	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		33.58mg	
Carbohydrates		5.22g	
Fiber		2.24g	
Sugar		2.99g	
Added Sugar		0.00g	
Protein		0.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	29.85mg	Iron	0.27mg

Nutrition - Per 100g

No 100g Conversion Available	
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