

Cinnamon-Butter Carrots



Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C	20 Pound		175706
SUGAR BROWN LT	2 Pound		860311
SUGAR BEET GRANUL XTRA FINE	1 Cup		842061
SPICE CINNAMON GRND	1 Cup		224723
MARGARINE BTR BLND EURO UNSLTD	1 Pound	READY_TO_EAT Ready to use.	834071

Preparation Instructions

Cook carrots by your preferred method (steaming or roasting) until crisp-tender.

In a separate saucepan, heat the sugars, butter and cinnamon until butter is melted, stir to blend.

Drain carrots and place in baking dish.

Drizzle cinnamon butter glaze over carrots and bake at 325 for 15 minutes.

CCP: Hold at 135F or higher for hot service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	133.32
Fat	6.40g
Saturated Fat	2.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	44.78mg
Carbohydrates	20.33g
Fiber	1.99g
Total Sugar	17.35g
Added Sugar	13.33g
Protein	0.00g
Vitamin A 540.30mcg	Vitamin C 1.99mg
Calcium 1.68mg	Iron 0.00mg

Nutrition - Per 100g

Calories	117.57
Fat	5.64g
Saturated Fat	2.35g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	39.49mg
Carbohydrates	17.93g
Fiber	1.75g
Total Sugar	15.30g
Added Sugar	11.76g
Protein	0.00g
Vitamin A 476.46mcg	Vitamin C 1.75mg
Calcium 1.48mg	Iron 0.00mg