

Roasted Carrots

NO IMAGE

| | | | |
|----------------------|-----------------------------|-----------------------|------------------|
| Servings: | 32.50 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-53199 |
| School: | Walton-Verona MiddleHigh | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| SEASONING MIX RNCH | 1/4 Cup | | 618684 |
| CARROT BABY WHL | 5 Pound | | 360240 |
| SPICE GARLIC POWDER | 1/4 Cup | | 708481 |
| OIL OLIVE XRVGN PREM 2-1GAL AUGUSTO | 1/4 Cup | | 761331 |

Preparation Instructions

Roast on sheet pan 425F for 20-

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: 32.50

Serving Size: 0.50 Cup

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 41.05 |
| Fat | 1.72g |
| Saturated Fat | 0.25g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 132.68mg |
| Carbohydrates | 6.52g |
| Fiber | 1.89g |
| Total Sugar | 3.15g |
| Added Sugar | 0.00g |
| Protein | 0.63g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 25.18mg | Iron 0.25mg |

Nutrition - Per 100g

No 100g Conversion Available