

Roasted Baby Carrots

NO IMAGE

Servings:	258.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	40 5/16 Pound		768146
OIL OLIVE XVRGN ITAL IMPRTD	2 2/3 Cup		432050
SEASONING ROSMRY GARL	8 1/16 Tablespoon		898820
SALT IODIZED	4 0.03125 Teaspoon		108286
SPICE PEPR BLK REG FINE GRIND	2 0.015625 Teaspoon		225037

Preparation Instructions

Coat carrots with oil, rosemary, salt, and pepper evenly and spread on sheet pan. Roast at 350 for 30 minutes or until tender.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.391
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 258.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	43.24
Fat	2.31g
Saturated Fat	0.33g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.94mg
Carbohydrates	6.25g
Fiber	1.56g
Total Sugar	3.13g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 22.50mg	Iron 0.63mg

Nutrition - Per 100g

Calories	61.01
Fat	3.26g
Saturated Fat	0.47g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	163.59mg
Carbohydrates	8.82g
Fiber	2.20g
Total Sugar	4.41g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 31.75mg	Iron 0.88mg