

Steamed Carrots



Servings:	96.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34723

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SLCD C/C	24 Pound	Steam carrots until just tender. Don't over cook.	175706
SALT KOSHER COARSE	1 Tablespoon		153550

Preparation Instructions

Use commodity carrots whenever possible!

1. Steam carrots until just tender, taking care not to overcook.

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

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: 96.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	22.39
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	93.58mg
Carbohydrates	5.22g
Fiber	1.49g
Total Sugar	2.99g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 405.22mcg	Vitamin C 1.49mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	19.74
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	82.52mg
Carbohydrates	4.61g
Fiber	1.32g
Total Sugar	2.63g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 357.34mcg	Vitamin C 1.32mg
Calcium 0.00mg	Iron 0.00mg