

# Seasoned Carrots

NO IMAGE

<b>Servings:</b>	73.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57818
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	15 Pound		100352
BUTTER BLND SLD EURO ZT	1/2 Cup	READY_TO_EAT Ready to use.	648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

## Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	38.26
<b>Fat</b>	2.33g
<b>Saturated Fat</b>	0.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	24.26mg
<b>Sodium</b>	52.79mg
<b>Carbohydrates</b>	6.07g
<b>Fiber</b>	2.02g
<b>Total Sugar</b>	3.03g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	40.37
<b>Fat</b>	2.45g
<b>Saturated Fat</b>	0.58g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.61mg
<b>Sodium</b>	55.71mg
<b>Carbohydrates</b>	6.40g
<b>Fiber</b>	2.13g
<b>Total Sugar</b>	3.20g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg