

Glazed Carrots

NO IMAGE

Servings:	112.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots, Sliced, Low-sodium, Canned	6 #10 CAN	USDA Brown Box Commodity	100309
SPICE CINN-MAPL SPRINKLE	1 Tablespoon		565911

Preparation Instructions

Strain carrots.

Place in steam table pan, and sprinkle cinnamon maple sprinkles over the top of carrots.

Steam.

Updated 7.28.25 JSH

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: 112.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	40.50
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	10.11g
Fiber	2.00g
Total Sugar	4.11g
Added Sugar	0.11g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.03mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available