

Baby Carrots



| | | | |
|----------------------|---------------------------------------|-----------------------|-----------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-51704 |
| School: | Veterans Elementary School at Mundell | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------|-------------|-------------------|------------|
| CARROT BABY WHL PETITE | 1/2 Cup | | 768146 |

Preparation Instructions

Serve 4 oz of baby carrots for a full serving of red orange veggies bagged or cupped serve on line daily.

Updated 1.8.25 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: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 23.22 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 54.18mg |
| Carbohydrates | 6.19g |
| Fiber | 1.55g |
| Total Sugar | 3.10g |
| Added Sugar | 0.00g |
| Protein | 0.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 22.29mg | Iron 0.62mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 33.07 |
| Fat | 0.00g |
| Saturated Fat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 77.16mg |
| Carbohydrates | 8.82g |
| Fiber | 2.20g |
| Total Sugar | 4.41g |
| Added Sugar | 0.00g |
| Protein | 0.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 31.75mg | Iron 0.88mg |