

# Roasted Carrots

NO IMAGE

<b>Servings:</b>	1.00	<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-55039

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND SOY/POM OLV 90/10	1/4 Teaspoon		524948
SALT KOSHER PRM	1/2 Teaspoon		311356
SPICE PEPR BLK REG FINE GRIND	0 Cup		225037
Baby Carrots	1/2 Cup	UNSPECIFIED None	

## Preparation Instructions

1. Preheat oven to 400
2. working in batches, toss the ingredients together in a large bowl until combined
3. Spread baby carrots out onto sheet pans that are lined with sprayed parchment paper. Be sure that the carrots is not crowded together, as you want it to gain some color, not steam
4. Roast carrots for about 25 to 30mins or until it's somewhat soft.
5. Serve immediately

Add a salt-free seasoning of your choice:

- \* Italian
- \* Garden Herb
- \* Garlic Herb
- \* All Purpose

PR 8/20/2025

## 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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	45.00
<b>Fat</b>	1.17g
<b>Saturated Fat</b>	0.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	350.00mg
<b>Carbohydrates</b>	7.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.00g
<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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available